



# SPANISH STYLE FISH STEW

with Chickpeas and Red Pepper



NUTRITIONIST APPROVED



## HELLO CHICKPEA

Chickpeas have an impressive nutritional profile with 100g of chickpeas containing 164Kcal. 100g of chickpeas provides 7g of fibre which is 30% of your daily recommended intake, and 18% of the calories come from proteins.



Coley



Chickpeas



Tomato Purée



Red Pepper



Flat Leaf Parsley



Chicken Stock Powder



Smoked Paprika



Onion



Garlic Clove



Vine Tomato



Carrot



Lemon



Flaked Almonds

MEAL BAG

35 mins

4 of your 5 a day

Little heat

Balanced

Under 550 calories

Low in sat fat

Fresh, zesty and wholesome, our Spanish-inspired fish stew is the perfect one-pot recipe for any night of the week. In this dish, coley fillets are marinated with parsley and lemon zest before being gently combined in a rich vegetable packed stew and steamed until delicately flakey. For a finishing touch, we've topped the stew with flaked almonds and a squeeze of fresh lemon juice for a real taste of the Mediterranean.

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## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Sieve**, **Mixing Bowl**, **Potato Masher**, **Measuring Jug** and **Small Frying Pan**. Now, let's get cooking!



### 1 FRY THE VEGGIES

Halve, peel and thinly slice the **onion**. Halve the **red pepper** and discard the core and seeds. Slice into thin strips. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into very small pieces. Heat a drizzle of **oil** in a large saucepan over medium high heat. Add the **onion**, **pepper** and **carrot** and cook until softened, stirring occasionally, 5-6 mins.



### 2 DO THE PREP

In the meantime, peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Chop the **vine tomato** into small pieces then zest and halve the **lemon**. Drain and rinse the **chickpeas** in a sieve and pop into a mixing bowl. Use a potato masher to roughly mash up about **half** of the **chickpeas**.



### 3 SIMMER THE SAUCE

Once the **veggies** have softened, add the **garlic**, **tomato**, **half** the **parsley**, the **smoked paprika** and **tomato purée** to the pan. Stir well and cook for 1 minute, then tip in the **chickpeas**, **water** (see ingredients for amount) and **stock powder**. Stir to dissolve the **stock powder**, bring to the boil then simmer for 5 mins.



### 4 FLAVOUR THE FISH

Place the **coley fillets** onto a board. Sprinkle over **half** the remaining chopped **parsley**, all the **lemon zest** and a good pinch of **salt** and **pepper**. Add a small drizzle of **olive oil** (optional but great for taste!) then use your hands to rub the flavourings all over the **fish**. Carefully lay the **fillets** on top of the **stew**.



### 5 TOAST THE NUTS

Pop a lid on the pan and continue to cook gently for 12-15 mins - you are steaming the **fish**! **IMPORTANT**: The fish is cooked when flakey and opaque in the middle. In the meantime, heat a small frying pan over medium heat (no oil). Once hot, add the **flaked almonds** and toast until lightly golden, stirring occasionally, 3-5 mins. **TIP**: Watch them carefully, they can easily burn!



### 6 FINISH UP

Once the **fish** is cooked, carefully place on a plate and cover with foil to keep warm. Bring the **stew** to the boil and simmer for 2 mins to thicken the **sauce**. Stir the remaining **parsley** into the **stew** and season to taste with **salt** and **pepper** if necessary. Spoon the **stew** into bowls and carefully top with the **fish**. Finish with a squeeze of **lemon juice** and a sprinkling of **almonds** all over. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Coley 4) *	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Tomato Purée	1 sachet	1½ sachets	2 sachets
Water*	250ml	375ml	500ml
Red Pepper *	1	2	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Onion *	1	1	2
Garlic Clove *	1	2	2
Vine Tomato *	2	3	4
Carrot *	1	1	2
Lemon *	1	1½	2
Flaked Almonds 2)	1 small bag	1 large bag	1 large bag

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 603G	PER 100G
Energy (kJ/kcal)	1510 / 361	250 / 60
Fat (g)	10	2
Sat. Fat (g)	1	1
Carbohydrate (g)	36	6
Sugars (g)	20	3
Protein (g)	31	5
Salt (g)	1.44	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 4) Fish

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### THUMBS UP OR THUMBS DOWN?

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