

Fish stew

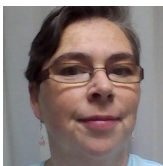
Hi, I made this stew in just 30 minutes, creating a tasty and filling recipe that will warm you up and make you feel really good. Serve it with crusty bread, potatoes, rice, noodles, polenta, etc. or something exotic like fufu.

Shopping list (for 6 servings)
1 tablespoon oil (I used peanut oil, but any kind you like will do)
1 large onion (I prefer red)
1 zucchini
1 red bell pepper
1 yellow bell pepper
Any other vegetables you enjoy (I used mushrooms and broccoli)
3 cloves garlic
Herbs of your choice (rosemary, oregano, parsley, etc. A bay leaf would also be good)
Spices of your choice (pepper, turmeric, chilli, paprika, etc.)
2 x 500 g tins/tetra packs of tomatoes (chopped, pureed, whole – just break the tomatoes up if whole – or use 1 kg fresh tomatoes)
1 kg frozen or fresh fish



Method

Roughly chop up the onions, gently fry in the oil for a minute, add the remaining vegetables, spices, herbs and garlic, fry for another minute or so, add the tomatoes and simmer for 10 minutes – add water if too thick. Then chop up the fish and add to the stew, simmer for another 10 minutes (15 minutes if the fish was frozen). You can of course vary this stew by replacing the fish with prawns, chicken or tofu. The choice is yours. Check the taste at the end and season accordingly. Thicken the stew with cornflour if you like a thicker consistency. Enjoy!



Contributed from Hamburg by
Heather McCrae

German to English technical translator

One in a series of recipes contributed by our volunteers

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