

Mediterranean Tomato Fish Soup



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Mediterranean Tomato Fish Soup

- 600 g fish fillets (e.g. Salmon, Tuna, Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Flathead, Barramundi etc.)
- 1 medium onion, finely chopped
- 2-3 garlic cloves, crushed
- 1 teaspoon of dried oregano
- 4 cups tomato passata (or crushed tomatoes)
- 2 cups fish or chicken stock
- ½ cup white wine
- 3 tablespoons olive oil
- 2 tablespoons chopped fresh parsley
- Parmesan cheese
- Salt and pepper to taste

Serves 4

- Heat olive oil in a pan, add onion, garlic, and cook for 2-3 minutes on a medium heat.
- Add white wine, tomato passata, stock, oregano, and simmer for 20 minutes.
- Stir in fish and cook for 6-8 minutes until seafood is just cooked.
- Serve in bowls, sprinkle with parsley and parmesan cheese. Serve with crusty bread.

