

Sicilian fish soup



Grating the pumpkin into the soup is a little trick I saw in Sicily. It gives it good colour and sweetness.

Nutritional Information (amount per serving)

Calories	Carbs	Sugar	Fat	Saturates	Protein
306kcal	14.9g	9.0g	11.0g	1.7g	28.3g

Serves 6

Ingredients

- 1 red onion
- 2 sticks celery
- ½ small bulb fennel
- 2 cloves garlic
- 1 red chilli, deseeded
- 2 tablespoons olive oil, plus extra for drizzling
- 1 glass dry white wine
- 800 g chopped plum tomatoes or passata
- ½ butternut squash, peeled and grated
- 500 ml organic fish stock
- 200 g salmon fillet, from sustainable sources, ask your

Method

Finely chop the onion, celery, fennel, garlic and chilli. Heat the oil in a large pan, add the onion, celery, fennel, garlic and chilli and sweat gently until soft. Add the wine, tomatoes or passata, squash and stock and bring to the boil. Cover and simmer gently for 30 minutes. Season and gently break up the tomatoes.

Roughly chop the salmon and halibut and add to the pan. Add the prawns or langoustine tails, cover and simmer for 10 minutes or until just cooked.

Taste the soup and season it again with salt and pepper and a squeeze of lemon juice, if necessary.

Serve drizzled with olive oil and sprinkled with the chopped parsley.

- fishmonger,
skinned
- 300 g halibut
fillet, from
sustainable
sources, ask your
fishmonger,
skinned
- 12 raw peeled
prawns or
langoustine tails,
from sustainable
sources, ask your
fishmonger
- ½ lemon
- 1 large handful
fresh flat-leaf
parsley, chopped

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