



Bouillabaisse

 Easy

 35 minutes

 Serves 2

INGREDIENTS

- 2 **tblsp** olive oil
 - 2 **garlic** cloves (peeled and smashed)
 - 1 **large** onion (peeled and sliced)
 - 1 **small** fennel bulb
 - 1 **pinch** of saffron (soaked in 2 **tblsp** of orange juice for 10 minutes)
 - 1 **strip** of orange zest
 - 1 **can** of whole tomatoes in juice
 - 6 **cups** of seafood stock
 - 1 **bag** of mussels
 - 250g of prawns (shelled)
- Optional:**
- You can add fish as well – Halibut, Cod or Snapper are good choices

METHOD

Step 1.

Heat your olive oil in a heavy pot over a medium heat.

Step 2.

Add your saffron, orange zest, fennel and stock, stirring gently.

Step 3.

Bring to the boil and simmer for around 20 minutes until the liquid is halved.

Step 4.

(Optional) Reduce your heat and add fish if you have chosen any, cook for a further 5-8 minutes.

Step 5.

Reduce heat and add you mussels and prawns, cooking for around 2 minutes until the mussels open and the prawns curl.

Step 6.

Move to a bowl or serve from the pot with crusty bread.