



FINE FISH STEW

INGREDIENTS

PREPARATION: 15 MINUTES

COOKING: 25 MINUTES

4 SERVINGS

- 2 tablespoons olive oil***
- 1/2 cup leeks, washed and chopped***
- 2 cloves garlic, minced***
- 3/4 cup zucchini, diced***
- 1/2 cup frozen corn niblets***
- 3 cups no salt added chicken broth***
- 1 cup dry orzo***
- 2 tablespoons lemon zest***
- 2 teaspoons dry basil***
- 1/4 teaspoon ground black pepper***
- 400 g frozen haddock, defrosted***
- 1/4 cup fresh parsley, chopped***

Nutrient Analysis

PER SERVING

1/4 of recipe

Renal exchange:

3 Protein + 1 Starch + 1 Vegetable

Calories	255Kcal
Protein	24g
Carbohydrates	21g
Fibre	2g
Total Fat	8g
Saturated Fat	1.2g
Cholesterol	57mg
Sodium	126mg
Potassium	540mg
Phosphorus	302mg

PREPARATION

- 1** In a large skillet, heat olive oil over medium heat. Add leeks and garlic and sauté until the leeks begin to soften. Add zucchini and corn and continue to sauté.
- 2** Once the vegetables have begun to soften, add the chicken stock and increase the heat so that the mixture comes to a boil.
- 3** Stir the dry orzo, lemon zest, basil and pepper into the boiling mixture.
- 4** Add the haddock on top and reduce the heat. Simmer the fish stew uncovered for approximately 12 to 15 minutes or until the fish and orzo are cooked completely and the majority of the liquid is absorbed.
- 5** Turn off the heat. Place the fish on dinner plates. Add the fresh parsley to the orzo mixture, divide in portions and serve immediately.