

Tuscan Style Fish Stew

A tomato based shellfish stew and a fillet of red mullet, served with fresh gnocchi



Food Labelling...

EU Label values per 100g

Serves 1

| | PER 100G | %RI | PER 664G SERVING | %RI |
|--------------------|----------|--------|------------------|------|
| Energy(Kj) | 427 kJ | 5% | 2835 kJ | 34% |
| Energy(kcal) | 101 kcal | 5% | 671 kcal | 34% |
| Fat | 1.8 g | 3% | 12 g | 17% |
| of which saturates | 0.3 g | 2% | 1.8 g | 9% |
| Carbohydrate | 8.1 g | 3% | 54 g | 21% |
| of which sugars | 1.3 g | 1% | 8.7 g | 10% |
| Fibre | 0.6 g | 2% | 4.3 g | 17% |
| Protein | 13 g | 26% | 86 g | 172% |
| Salt | 1 g | 17% | 6.7 g | 112% |
| HFSS Rating | -4 | points | | |

CONTAINS:



WHEAT



FISH



CRUSTACEANS



MOLLUSCS



CELERY



SULPHITES

Recipe Ingredients ...

| Quantity: | Description: |
|-----------|---|
| 400g | 127105 M&J Seafood Fruit de Mer (Premium Shell-on Seafood Mix) - BRAKES 1x Each |
| 2g | 13120 Peeled Garlic |
| 40g | 87894 Gourmet Classic Chardonnay Cooking Wine 3 Litres - BRAKES |
| 50g | 120822 Chef Premium Natural Shellfish Stock, 1L Pack - BRAKES |
| 100g | 115045 - 117525 Maggi Rich Rustic Tomato Sauce - BRAKES |
| 10g | 36037 Brakes Capers in Brine - BRAKES |
| 100g | 71063 Authentic Italian Fresh Gnocchi - BRAKES |
| 15g | 10567 Banana Shallots |
| 15g | 450693 Carrots CLASS II |
| 15g | 10228 Celery |

| | | |
|---|--------|-----------|
| 113881 Herb Bunched Flat Leaf Parsley | 2g | |
| 31777 M&J Seafood Red Mullet Fillets (skin on, descaled, boneless) - BRAKES | 29.4g | 0.5x Each |
| 2366 Schwartz FSD SFC SAFFRON THDS 1,25G | 0.125g | |
| 118090 Supernature Oil Original Cold Pressed Rapeseed Oil - BRAKES | 3g | |

Cooking Instructions & Notes

Mis en Place / Prep:

- M&J Seafood Fruit de Mer (Premium Shell-on Seafood Mix) - Defrost overnight
- M&J Seafood Red Mullet Fillets (skin on, descaled, boneless) - Defrost and cut in half
- Banana Shallots - Peel and finely chop
- Peeled Garlic - Finely chop
- Carrots CLASS II - Wash, peel and cut into small dice
- Celery - Wash, peel and cut into small dice - Brakes Capers in Brine - Drain and deep fry until golden
- Herb Bunched Flat Leaf Parsley - Pick leaves and roughly chop

Method:

- Lay the red mullet onto a seasoned tray and drizzle with rapeseed oil, reserve until needed
- In a heavy bottomed pan add rapeseed oil, add the onion, garlic, saffron, carrots and celery, cook on a low heat
- Deglaze with white wine and reduce, add the shellfish stock and reduce by 1/2
- Now add the tomato sauce, bring to the boil, reduce the heat and simmer for about 5mins
- Put the fruit de mer into the sauce and simmer until cook - approx. 3-4mins
- Place the red mullet to cook under the grill and ensure the skin is crispy
- Cook the gnocchi in boiling salted water until they float
- Now put the gnocchi into the fruit de mer stew, stir & cook for approx. 1min
- Transfer the fruit de mer mix to your chosen dish/bowl
- Garnish with the chopped parsley & crispy capers
- Serve with a drizzle of rapeseed oil