

Warming fish stew



Tomatoes contain lycopene, an antioxidant that gives tomatoes their brilliant red colour. Lycopene has been associated with having a positive effect on men's health, particularly in relation to improving male fertility by improving sperm quality. Studies also suggest that lycopene may also help reduce the risk of prostate cancer.

Serves 4



Ingredients

- 1 tablespoons olive oil
- 2 leeks, finely sliced
- 2 sticks celery, finely sliced
- ½ large bulb fennel, finely sliced
- 75g green beans, finely chopped
- 3 cloves garlic, finely sliced
- 1 red chilli, finely chopped (deseeded)
- 150 ml white wine
- 800g can chopped tomatoes or passata
- 400ml fish stock, preferably organic
- 250 g salmon fillet, skinned, cut into chunks
- 300g halibut, cod or similar white fish, skinned, cut into chunks
- 16 raw peeled prawns, halved
- 12 scallops, quartered
- 100g baby spinach, finely chopped
- 1 large handful fresh flat-leaf parsley, finely chopped
- ½ lemon, juiced
- Ground rock salt and pepper to taste



Method

1. In a large saucepan gently heat the olive oil and add the leek, celery, fennel, beans, garlic and chilli. Cook until softened.
2. Add the wine, tomatoes and stock and bring to a gentle boil.
3. Add the salmon, halibut, prawns and scallops and cook until cooked through, around 10-12 minutes.
4. Add the spinach for the last few minutes then remove from heat and add the parsley and lemon juice.
5. Taste and season accordingly.