

# Mimi's Italian Fish Stew

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/waitrose-italian-fish-stew-recipe>

## Ingredients:

- 2 tablespoons extra virgin olive oil
- 2 ounces filets oil-packed anchovies, loosely chopped
- 1/2 teaspoon crushed red pepper flakes
- 1/4 cup shallot halved and thinly sliced, or 1 large shallot
- 1 cup leeks rinsed well, halved and thinly sliced, or 1 large leek
- 6 cloves garlic minced
- 2 cups dry white wine
- 28 ounces Italian tomatoes crushed, I use Pomi brand
- 2 cups seafood stock
- 2 1/2 cups yellow potatoes large diced
- 1 cup celery leaves loosely chopped celery, included
- 1/2 cup picholine olives pitted, drained
- 2 teaspoons dried oregano
- 1 teaspoon onion powder
- 1/4 cup parsley leaves freshly chopped
- 1/2 teaspoon kosher salt plus more to taste
- 1/2 teaspoon black pepper
- 1 pound fish white flakey, skin and bones removed and cut into 2 inch pieces, halibut or cod are my favorite to use
- 1 tablespoon fresh squeezed lemon juice

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 70 milligrams
4. Fat: 17 grams
5. Fiber: 7 grams
6. Protein: 30 grams
7. SaturatedFat: 2.5 grams

8. Sodium: 860 milligrams
  9. Sugar: 9 grams
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