

Fish Bolognese

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/fish-fillet-italian-recipe-with-pasta>

Ingredients:

- 2 stalks celery about 100 grams
- 1 large carrot about 150 grams
- 5 ounces onion
- 3 garlic cloves
- 3 tablespoons olive oil
- salt
- pepper
- 3/4 cup dry red wine
- 15 ounces canned tomatoes drained
- 1 tablespoon tomato paste
- 2 bay leaves
- 2 sprigs rosemary
- 12 ounces linguine preferably whole-grain
- 12 ounces fish fillets skinless, such as red mullet or loach
- 1 tablespoon basil
- sugar

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 86 grams
3. Cholesterol: 40 milligrams
4. Fat: 13 grams
5. Fiber: 7 grams
6. Protein: 31 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 470 milligrams
9. Sugar: 11 grams

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