

# Bouillabaisse

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/rockfish-recipe-indian>

## Ingredients:

- 3 tablespoons olive oil
- 1 yellow onion large, chopped
- 4 garlic cloves sliced
- 1/2 teaspoon saffron threads crumbled
- 1/4 teaspoon fennel seeds
- 1 pinch red pepper flakes plus more, to taste
- 14 1/2 ounces tomatoes with juice diced plum
- 4 cups fish stock or vegetable broth
- 3/4 teaspoon salt plus more, to taste
- rockfish
- halibut
- 3/4 pound cod
- fish fillets
- 1/2 teaspoon Herbes de Provence
- 1/2 pound shrimp peeled and deveined

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 125 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 33 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1510 milligrams
9. Sugar: 3 grams

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