

# Fabulous Fish Stew

Yield: 3 min  
Total Time: 55 min

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

## Ingredients:

- 2 cloves garlic peeled
- 1 pinch saffron optional
- sea salt
- ground black pepper freshly
- 1 cup low-fat mayonnaise made with free-range eggs
- lemon juice
- 12 mussels from sustainable sources, ask your fishmonger
- 20 clams from sustainable sources, ask your fishmonger
- olive oil
- 1 white wine small wineglass
- 2 1/4 cups plum tomatoes good-quality tinned
- 2 fillets sea bass or bream, from sustainable sources, ask your fishmonger, cut in half
- 2 fillets red mullet or snapper, from sustainable sources, ask your fishmonger, cut in half
- 2 fillets monkfish or other firm white fish, from sustainable sources, ask your fishmonger
- 4 langoustines or tiger prawns, from sustainable sources, ask your fishmonger, shell on
- 2 slices crusty bread
- 1 handful fennel tops
- extra-virgin olive oil
- 1 bunch fresh basil leaves picked and stalks chopped

## Nutrition:

1. Calories: 980 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 300 milligrams
4. Fat: 48 grams
5. Fiber: 4 grams
6. Protein: 81 grams
7. SaturatedFat: 8 grams
8. Sodium: 2090 milligrams

9. Sugar: 10 grams

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