

Tomato and Saffron Fish
(Taste.com.au)
Serves 4



INGREDIENTS

- 100mgs saffron threads – infused for previous 24-hours in a few mls of tepid water / or if time poor, grind before adding to recipe.
- Olive oil spray
- 1 brown onion, halved, thinly sliced
- 1 large fennel bulb, trimmed, quartered, thinly sliced
- 2 garlic cloves, crushed
- 1 teaspoon paprika
- 1 x 400g can no-added-salt diced tomatatoes
- 125ml (1/2 cup) water
- 2cm-wide strip orange rind
- 500g white fish fillets, cut into 2.5cm pieces
- 1 x 400g can cannellini beans, rinsed, drained
- 2 tablespoons chopped fresh continental parsley
- 2 teaspoons honey
- Chopped fresh continental parsley, extra, to serve
- Steamed green beans and steamed rice, to serve

METHOD

Step 1 - Heat a large non-stick frying pan over medium heat. Spray with olive oil spray. Add the onion and fennel, and cook, stirring, for 7-8 minutes or until soft. Add the garlic and paprika, and cook, stirring, for 1 minute.

Step 2 - Add the saffron mixture, tomato, water and orange rind. Stir to combine. Increase heat to high. Bring to the boil. Reduce heat to medium and simmer for 10 minutes.

Step 3 - Add the fish and cannellini beans. Increase heat to medium-high. Bring to the boil. Reduce heat to low. Cook for 5-6 minutes or until the fish is cooked through. Stir in the parsley and honey.

Step 5 - Season with pepper. Serve with green beans and steamed rice.

