

# Recipe of the Week

## Seafood Bouillabaisse



*5 Cups Fish Stock*

*1 tsp Saffron Threads*

*2 tbsp Olive Oil*

*18 Black Lip Mussels,  
washed & de-bearded*

*1 Cup Dry White Wine*

*1 Large Leek, washed and thinly sliced*

*2 Garlic Cloves, crushed*

*400g Can Whole Peeled Tomatoes*

*2 Sprigs Thyme*

*18 Green Prawns, peeled, deveined*

*400g Firm White Fish Fillets,  
cut into 1.5cm cubes*

*2 tbsp Parsley, chopped*

Place stock and saffron in a large saucepan over medium-high heat. Bring to the boil. Reduce heat to low and simmer gently for 3 minutes.

Meanwhile, heat 1 tbsp oil in a large saucepan over high heat. Add mussels and wine. Stir and cover. Cook for 1 minute. Remove from heat. Drain mussels. Transfer to a bowl. Discard unopened mussels, cover and keep warm. Heat remaining oil in the saucepan over medium heat. Add leek and garlic. Cook, stirring often, for 2 minutes or until tender but not coloured. Add tomatoes and cook, stirring to break up tomatoes, for 1 minute. Add hot stock and thyme. Cover and bring to the boil. Reduce heat to low. Simmer, uncovered for 15 minutes. Return mussels to pan. Add prawns, fish and parsley. Cook for 4 to 5 minutes or until fish is just cooked through. Season with salt and pepper. Ladle bouillabaisse into warmed bowls and serve.