



Italian Fish Stew Recipe

Preparation Time	10
Cooking Time	21
Serving Size	4

Ingredients:

- 500 g talakitok, steak cut
- 1 Tbsp salt
- 1 Tbsp pepper, black

- 2 Tbsp Contadina Pure Olive Oil
- 1/2 cup onion, red, chopped
- 1 tsp garlic
- 1/2 cup carrot, cut into 1/4-inch dices
- 1/2 cup celery, cut into 1/4-inch dices
- 1/4 cup water
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 1/2 cup chicken stock
- 2 pcs bay leaf/laurel leaf
- 3 Tbsp capers
- 1/4 cup black olives, pitted, sliced
- 1/2 can white beans, canned (400g), drained
- 1/2 tsp thyme
- 1/2 tsp oregano, dried
- 1/2 tsp salt
- 1/2 tsp pepper, black

Preparation:

1. Season fish with salt and pepper. Fry fish then set aside.
2. Sauté onion and garlic. Add carrot and celery then cook until soft.
3. Add water, DEL MONTE Original Style Tomato Sauce, stock, and bay leaf. Simmer for 10 minutes.
4. Add capers, olives, fish, and white beans. Add herbs then season with salt and pepper.

Chef's Tip

Lusog Notes

Cooking Skills Needed

- Frying
- Sautéing
- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Spatula

