



# Mark's Kitchen

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## Seafood Stew



READY IN  
40 minutes



SERVES  
2

This warm, delicious stew is the perfect fall meal to serve for dinner and save for lunch

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the next day. It's flavorful, and rich in healthy fats and veggies. You're going to love it!

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### – INGREDIENTS –

- 3 tablespoons extra-virgin olive oil
- 1 large leek, dark green leaves removed
- 2 bell peppers, stemmed and seeded
- 3 garlic cloves
- 16 ounces tomato puree
- 8 ounces full fat coconut milk
- ½ pound celery root
- 1 pound white fish (monkfish, haddock, sole, halibut, etc.)
- 1 tablespoon fresh lemon juice
- sea salt, to taste



### Step 1:

Gather all your vegetables and chop them into small pieces and set aside. Then cut the fish into bite-size pieces and set aside.

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### **Step 2:**

Heat the oil in a 2 quart sauce pan on medium-high heat then add the leeks and bell peppers. Cook for 3-4 minutes, stirring occasionally until softened. Add the garlic, cook for an additional minute, and then add the tomatoes and coconut milk. Simmer for 5 minutes before adding the celery root and fish.

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**Step 3:** Continue to cook for 15-20 minutes before tasting, adding the lemon juice, salt to taste and stirring in the chopped herbs. Spoon into two soup bowls and serve immediately. Store any leftovers refrigerate, in a sealed glass container, for up to 3 days.

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### **ⓘ Nutritional analysis per serving**

Calories 431 • Total Fat 22 g • Protein 28 g • Fiber 3 g • Sugar 5 g • Sodium 186 mg

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