

Gluten Free

Fish Stew

2 tbs. extra virgin olive oil
1 onion, thinly sliced
1 fennel bulb, core and thinly sliced
1 15oz can no salt added diced tomatoes
½ lb. baby potatoes, cut into bite sized pieces
1 ¼ tilapia or other white fish, cut into pieces
½ tsp. kosher salt
Freshly ground black pepper
¼ cup mayonnaise
1 small clove garlic, minced
1 jar of roasted red pepper

Step 1:

In a large skillet, heat oil over medium heat. Sauté onion and fennel in oil until soft, 5 to 7 minutes. Add tomatoes and simmer for 10 minutes, stirring occasionally. Put potatoes in small pot and cover with cold water. Bring potatoes to boil then reduce heat to simmer until tender, 8 to 10 minutes. Add potatoes and 1 cup of cooking water to skillet. Season with salt and pepper to taste.

Step 2:

In a small food processor, puree mayonnaise, garlic and red pepper. Serve stew with the roasted red pepper mayonnaise.

Servers 4