

Spicy Seafood Stew

2 tablespoons cooking oil
100g thick white fish fillets
cut into chunks
100g thick salmon fillet, cut
into chunks
12 mussels, cleaned with
beards removed
12 shelled and gutted prawns
1/3 cup white wine
425g [Urban Appetite Roasted
Capsicum and Mild-Chilli
Sauté Sauce](#)
50g butter
small handful flat leaf parsley,
roughly chopped

Heat a large heavy based
frying-pan with the cooking
oil. Sear the white fish,
salmon and
prawns until browned on all
sides then remove from the
pan. Add the mussels and
white
wine. Cover with a lid and
steam the mussels open
discarding any mussels that
don't open.
Add the Urban Appetite
Roasted Capsicum and Mild-
Chilli Sauté Sauce, butter, fish
and prawns and
allow to simmer for 2-3
minutes or until the fish
cooks through. Finish with a
sprinkle of parsley.
Spoon evenly into 4 warm
bowls and serve with hot
garlic bread on the side.

Serves 2-3

