



Fish Mix in Tomato and Thyme Sauce with Prawns

Prep:	15 mins
Cook:	25 mins
Total:	40 mins
Servings:	10

Ingredients

- 400g bag mixed fish
- 10 king prawns
- 400g can chopped tomatoes
- 1 tin full of mixed vegetables
- ½ tin full water
- 1 dessertspoon tomato puree
- 1 tbsp olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 heaped tsp light soft brown sugar
- Few sprigs thyme, leaves stripped
- 1 tbsp soy sauce
- Chopped parsley to garnish

Method

1. Heat 1 tbsp olive oil in a frying pan
2. Add 1 chopped onion, then fry for 5-8 mins until lightly browned
3. Add the garlic and fry until translucent
4. Stir in a 400g can chopped tomatoes, mixed vegetables, water, tomato puree, brown sugar, the leaves from a few sprigs of thyme and 1 tbsp soy sauce, then bring to the boil
5. Reduce heat and simmer for 3 minutes
6. Add the fish, cover and gently cook for 10 minutes until the fish is thoroughly heated and still holding its form
7. Whilst the fish is cooking, fry the prawns in a little oil and use these with the parsley as a garnish for the finished dish