

## Fish Gumbo



Serves  
**2 people**

Prep Time

Cooking

Total Time

Calories  
**430 kcal**

### Stuff that's in it:

- 400G Passata
- 2 Cod Loins ((Or Whatever Fish You Want))
- 400Ml Fish Stock
- 70G Celery (Finely Chopped)
- 100G Red Pepper (Diced Very Small)
- 100G Smoked Bacon Lardons
- 160G (1 Bulb) Fennel (De Stalked And Sliced Finely)
- Handful Fresh Parsley (Chopped)
- Handful Fresh Basil (Torn)
- 1 Tbsp White Wine Vinegar
- 170G Carrot (Finely Chopped)
- 1 Tbsp Olive Oil

### What you do:

### Nutrition

- Carbs: 20g

- Fat: 18g
- Protein: 36g

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