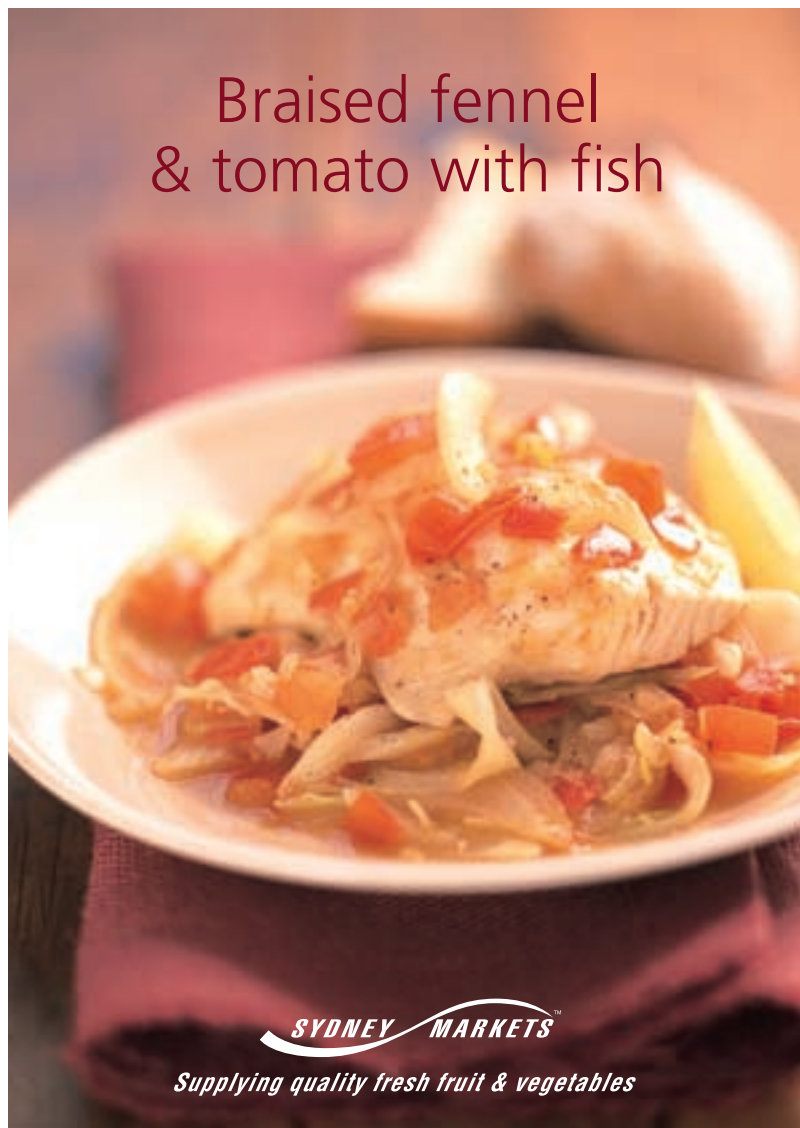


Braised fennel
& tomato with fish



SYDNEY MARKETS

Supplying quality fresh fruit & vegetables

Braised fennel & tomato with fish



Serves: 4
Preparation: 15 minutes
Cooking: 50 minutes

2 tbs olive oil	1¼ cups fish stock
2 garlic cloves, crushed	2 tbs tomato paste
1 medium onion, finely chopped	salt and ground black pepper
2 medium (about 900g) fennel bulbs	4 x 200g thick firm white fish fillets, skinned
4 medium ripe tomatoes, diced	crusty bread, to serve

1. Heat oil in a large heavy-based frying pan or oven-top casserole over medium heat. Add garlic and onion and cook, stirring occasionally, for 5 minutes or until soft.
2. Meanwhile, remove and discard tough outer leaves, trim base and finely slice fennel. Add fennel, tomatoes, stock and tomato paste to pan and stir to combine. Season with salt and pepper to taste. Cover and cook, stirring occasionally, over medium-low heat for 35–40 minutes or until fennel is tender.
3. Add fish to pan and spoon fennel mixture over fish. Cover the pan and cook for 6–8 minutes or until fish flakes when tested with a fork.
4. Spoon fennel mixture into serving bowls, top with fish and serve with crusty bread.

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