FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Fish Gumbo



Serves	Prep Time	Cooking	Total Time	Calories
2 people				**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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