

## FENNEL, BEAN AND SEAFOOD STEW

*Florence fennel is the perfect companion for seafood with its subtle flavour.*

- 2 tablespoons coconut oil
- 1 fennel bulb, sliced and chopped
- 1 onion, sliced
- 1 leek, thinly sliced and chopped
- 1 stick celery, sliced
- 2 cloves garlic, crushed
- 2 teaspoons caraway seeds
- 2 teaspoons dried tarragon
- ½ cup white wine (can be replaced by chicken stock)
- ¼ cup crème fraiche
- 1 cup chicken stock
- 2 x 400 gram tins cannelloni beans, drained and rinsed
- sea salt and pepper
- 600 grams white fish, cut into large pieces
- 300 grams frozen prawns



Heat the oil in a large saute pan and add the onion, leek, fennel, celery, garlic, caraway seeds and tarragon. Season generously with salt and pepper and cook for 5 minutes.

Add the wine (or ½ cup stock), then stir in the crème fraiche. Add the stock and beans and bring to the boil. Simmer for 5 minutes.

Nestle the fish and prawns into the pan among the vegetables and simmer until the seafood is cooked.

You may prefer to cook the stew for a little longer than above, but the vegetables will lose their bright green colour. Warmed up the next day it is magnificent as the dish has had time to absorb all the flavours.

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