

Fish and Kale Stew (Serves 4-6, makes about 7 cups)

From the book: "Superfoods: 7 essential ingredients for living well" by Rena Patten

- 1 tablespoon extra virgin olive oil
- 1 Chorizo sausage, diced
- 1 large onion, chopped
- 4 cloves garlic, finely chopped
- 1 teaspoon smoked paprika
- 2 - 14 ounce can diced tomatoes, undrained
- 1 cup chicken stock
- 1 large bunch of kale (roughly 10 cups)
- 4 sprigs fresh thyme (I used dried)
- 1 teaspoon dried oregano leaves
- 1 Bay leaf
- Salt and freshly cracked pepper
- 1 - 14 ounce can chili beans, rinsed and drained (I used black beans)
- 4 fish fillets (it is best to use a mild tasting, thickish filet with a weight of about 7oz/200g each piece, for example -Sapper, Cod, Mulloway are ideal) (I used 16oz cod)
- Juice of 1 lemon, to taste
- Freshly chopped parsley, for garnish

Instructions:

1. Heat the oil in a large, wide saucepan and cook the chorizo for 2 to 3 minutes, until it starts to change color.
2. Add the onion and cook until soft, then stir in the garlic and paprika and cook for another 1 to 2 minutes.
3. Add the tomatoes and stock and give the pot a good stir. Wash the kale, remove and discard thick tough stalks than finely chop the leaves and more tender upper stocks.
4. Add the kale to the saucepan and stir until wilts.
5. Stir in the thyme, oregano, and bay leaf and season with salt and pepper.
6. Bring it to a boil, cover, reduce heat and simmer on low medium heat for 15 minutes.
7. Stir in the beans then place the fish on top of the stew, cover with some of the juices and simmer, covered for another 8 to 10 minutes or until the fish is cooked.
8. Squeeze some lemon juice over the stew and garnish with freshly chopped parsley.
9. Serve with crusty bread.

Nutrition (per 1 cup, recipe makes 7 cups) (values made with 16oz Cod)

Calories: 313
Fat: 10.5g
Saturated fat: .53g
Protein: 25.5g
Carbohydrate: 55g
Sodium: 838mg
Fiber: 9g
Cholesterol: 55mg
Sugar: 7.5g
Iron: 20%
Calcium: 22%
Vitamin A: 514%
Vitamin C: 158%