



Tomato Fish Soup

Fish soup with fresh vegetables, herbs, and tomatoes



Easy



4 Servings



60 min.



This fish soup—or as the Italians say: zuppa di pesce. The perfect harmony of fresh vegetables, herbs, and delicate fish fillets makes this dish an absolute favorite of Tobias—a member of our community. This soup pairs well with fresh Italian bread or focaccia. Could this become your new favorite recipe, too?

Ingredients

6 potatoes
2 yellow bell peppers
3 stalks of celery
1 leek
1 fennel bulb
1 onion
150 g black olives
Dill
thyme
Parsley
10–15 cherry tomatoes
Rosemary
1/2 liter dry white wine
800 ml fish stock
2 cans of ORO di Parma
tomato paste (double-
concentrated)
Fish fillets of your choice
(cod, pollock, plaice)
a little olive oil for
sautéing
Salt and freshly ground
pepper

Step 1: The Preparation

To prepare the soup, start by peeling the potatoes and dicing them along with the bell pepper and fennel. Next, finely chop the onions and celery. Now slice the leek into rings and cut the black olives and cherry tomatoes in half. Finally, just chop the dill and thyme finely and remove the parsley leaves from the stems.

Step 2: The Fish Soup

To make the soup, heat a generous amount of olive oil in a pot and sauté the prepared vegetables—that is, bell peppers, celery, leeks, fennel, onions, olives, dill, and thyme—stirring occasionally. Stir in the rosemary and season everything with salt and pepper. Then deglaze the vegetables with dry white wine and bring it to a brief boil. Next, add the fish stock and ORO di Parma tomato paste and stir to combine. Then add the potatoes and halved tomatoes, and let the soup simmer, covered, for 5 minutes. Finally, just add the fish fillet pieces and let the soup simmer for another 3 minutes. Remove the rosemary before serving and garnish the soup with fresh parsley. Buon appetito!

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