

Moroccan fish soup with yoghurt RECIPE

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COOK TIME 10 mins PREP TIME 5 mins

SERVES 4 x

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INGREDIENTS

- 3 cups (510g) mixed pieces of White Fish and Prawns
- 3 tbsp Olive Oil
- 3 tbsp MasterFoods Moroccan Seasoning
- 1 bottle (700g) Tomato Passata
- ½ cup (125ml, 4fl oz) Water
- 1 can Lentils
- 4 tbsp Yoghurt
- MasterFoods Chives to serve

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MasterFoods Moroccan Spice Blend 47g

See details

METHOD

1. 1.

Pan fry the mixed pieces of white fish and prawns with the olive oil and the MasterFoods Moroccan Seasoning.

2. 2

Flood the pan with the Tomato Passata.

3. 3.

Add the lentils and stir through till heated and the seafood is cooked.

4. 4.

Serve in bowls with a swirl of yoghurt with the MasterFoods Chives on top.

Source URL: https://www.masterfoods.com.au/recipes/moroccan-fish-soup-with-yoghurt