



Week 6: Catalan fish stew and fruity jelly rice

Catalan Fish Stew

Ingredients:

- Oil
- 1 can carrots – drained, cut in half
- 1 can potatoes, drained, cut in half
- 1 tin chopped tomatoes
- 1 tsp each onion powder, smoked paprika, dried herbs, garlic granules or flakes
- 1 tin white beans (any other beans will do)
- 2 cans sardines in oil

Method

- Heat the oil in a large pan, fry the potatoes, carrots, herbs and spices.
- Add the tin of tomatoes and 250ml water. Bring to the boil then simmer for 20minutes.
- In a separate pan, drain some of the oil from the sardines, and heat.
- Carefully lift each sardine from the tin (trying to keep whole) and place in hot oil, skin side down then fry for a few minutes until skin is crispy.
- Turn the sardines over and fry for 2-3 minutes more.
- Spoon the stew into bowls, add crunchy sardines on top, season to taste.

Fruity jelly rice

Ingredients

- 1 tin rice pudding
- 1 orange flavour jelly
- 1 tin mandarin oranges, drained (keep the juice) and chopped

Method

1. Make the jelly up using the instructions on the packet using juice using water and juice from mandarins to half a pint, leave to cool.
2. Empty the rice pudding into a serving bowl, stir in the chopped mandarin pieces.
3. Pour over the cooled jelly mix, stir and leave to set overnight.