

Savoury Seafood Soup



Ingredients

- 2 tablespoons vegetable oil
- 1 large onion, thinly sliced
- 1 cup chopped green onion
- 3 cloves garlic, finely chopped
- ½ cup chopped fresh parsley
- 1 large green capsicum, seeded and diced
- 2 ½ cups low salt tomato sauce
- ½ cup dry white wine
- 1 cup low salt chicken broth
- ¼ teaspoon chopped thyme
- ¼ teaspoon chopped rosemary
- ¼ teaspoon fresh ground pepper
- 1 bay leaf
- 450 grams green prawns medium
- 225 grams raw scallops

Instructions

1. Heat vegetable oil over medium high heat, and add onions and garlic and cook, covered, over low heat until soft.
2. Add parsley, diced capsicum, tomato sauce, wine, chicken broth, thyme, rosemary, pepper and bay leaf and simmer, covered 1 hour.

3. Add prawns and scallops, bring to a simmer, cover for 8-10 minutes or until seafood is cooked.

Serving size = 1 ¼ cup (300ml); Calories 240; Total Fat 7gm; Cholesterol 125mg; Sodium 200mg; Total Carbohydrates 17gm; Dietary Fiber 3gm; Protein 25gm.

190mg; Total Carbohydrates 27gm; Dietary Fiber 2 gm; Protein 29gm.