

Mediterranean Fish Soup

This delightful Mediterranean fish soup is brimming with fresh flavors and is perfect for a light meal. Packed with nutritious ingredients, it's both comforting and invigorating – ideal for any seafood lover.



Soup

Mediterranean

30 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 150g firm white fish (like cod or haddock)
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 garlic clove, minced
- 1 medium tomato, chopped
- 150ml fish stock
- 50ml white wine
- 1 small carrot, diced
- 1 celery stalk, diced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish

Steps

- 1 Heat the olive oil in a pot over medium heat.
- 2 Add the diced onion and garlic, sauté until translucent.
- 3 Stir in the chopped tomato, carrot, and celery; cook for 5 minutes.
- 4 Pour in the white wine and let it simmer for 2 minutes to evaporate the alcohol.
- 5 Add the fish stock and bring the mixture to a boil.
- 6 Reduce the heat, add the fish, dried oregano, salt, and pepper.
- 7 Simmer for about 10 minutes, until the fish is cooked through.
- 8 Serve hot, garnished with fresh parsley.