



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 Seasoning Moroccan 47g Jar

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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.co.nz/Recipes/moroccan-fish-soup-with-yoghurt>