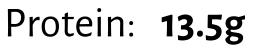


Serves 4 NUTRITIONAL INFORMATION:

Gluten Free*, Dairy Free



Kcal: **177**



Carbohydrate: 20.5g Fat: 4.5g



INGREDIENTS

Smoked Haddock 100g 100g Fresh Haddock 500ml Light Coconut Milk 500ml Fish Stock Onion Leek Celery Carrot **Garlic Clove** Sweet Potato 150g Coconut Oil 1 tsp **Sprigs Fresh Thyme** 2 ¹⁄₄ tsp Nutmeg

¼ tspBlack Pepper50gSmoked Salmon

*use gluten free if required

COOKING TIME: 1 hour 45 minutes

METHOD:

- 1. Place a large heavy saucepan over a medium heat & put the fish with skin on in the pan. Add coconut milk, stock, thyme, nutmeg and pepper. Bring to boil. Remove from heat & set aside for 1 hour.
- 2. After an hour, remove the fish, skin, debone, flake into chunks.
- 3. Remove thyme from liquid & discard them.
- 4. Heat the coconut oil in large pan over a medium-high heat. Add the onion, leek, garlic, celery, carrots & saute until just soft, for about 10 minutes.
- 5. Place veg & sweet potato into the cooking liquid. Bring to boil, reduce to simmer for 30 minutes.
- 6. Using a hand blender, blend until thick & smooth. Add fish back into the soup & reheat.
- 7. Serve immediately with smoked salmon garnish.

gymgair@outlook.com