




PUMPKIN FISH SOUP

 4 servings  Prep: 15 min  Cook: 45 min



INGREDIENTS

200g	Ginger
½ tsp	Salt
½ tsp	Pepper
1 tbsp	Sesame oil
400g	Seabass, deboned and sliced
1 whole	Fish bone (from fish above)
200g	Pumpkin
2 medium	Tomato, wedged
3L	Water

OPTIONAL

1 stalk	Spring onion (garnish)
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METHODS

1. Thinly slice 10 pieces ginger and crush the remaining ginger to obtain its juice.
2. Marinade sliced fish with ginger juice, salt, pepper and sesame oil.
3. Prepare fish stock in a pot by boiling water with fish bones and 5 pieces sliced ginger. Boil for 30 – 60 minutes.
4. Filter and drain away impurities to obtain clear soup and place into same pot to continue to boil.
5. Once the soup boils, add in pumpkin and the remaining 5 pieces sliced ginger.
6. Add marinated sliced fish.
7. Lastly, add tomato wedges.
8. Leave to boil until fish is cooked.
9. Remove from stove and serve in individual bowls.

Nutrition Information (per serving)

Energy 181kcal, Carbohydrate 8.2g, Protein 21.3g, Fats 6.1g, Saturated Fats 1.0g, Polyunsaturated Fats 2.3g, Monounsaturated Fats 2.0g, Cholesterol 37mg, Dietary Fibre 3.2g, Sodium 369mg, Potassium 954mg, Phosphate 221mg