

# Prego

## ITALIAN TILAPIA SEAFOOD STEW

Prawn, Clams, Tomato, Onion, Olives, Lemon

(Serves 2) MODERATE ★★★☆☆ TIME: 40mins



### INGREDIENTS

Aquaponic Tilapia Fillets	2 pcs
Prawn	4 pcs
White Clam	6 pcs
Cherry Tomato, cut in halves	6 pcs
Red onion, sliced	1 pc
Black Olive, cut in halves	10 pcs
Garlic Clove, peeled and sliced	4 pcs
White Wine	200ml
Prego Homemade	500ml
Shellfish Broth Premix	
Lemon, wedges	1 pc
Sour Dough Bread, sliced and toasted	1 loaf
Fresh Aquaponics Basil	1 sprig
Olive Oil	
Chili Flakes	
Salt, to taste	

### METHOD

1. Preheat oven to 160°C. Slice bread and toast it in the oven to your liking. Set aside.
2. Slice all vegetables and set aside.
3. Heat sauce pot with olive oil over medium heat. Add onion and garlic. Sweat vegetables till translucent, then pour in white wine and broth. Bring to simmer.
4. Poach fish fillets in broth, followed by seafood.
5. Cover with lid and cook for 5 minutes.
6. Season with basil leaf, salt and chili flakes. Serve with sliced bread and lemon wedges on the side.

  
*Fresh from our  
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

SCAN TO VIEW  
RECIPES AND  
IMAGES ONLINE!

