

Easy Mediterranean Fish Soup: A Hearty and Healthy Meal

Mediterranean Fish Soup: A Light, Hearty, and Flavorful Meal



TIME
7 min

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INGREDIENTS

1 lb (450g) white fish (cod, halibut, or sea bass), cut into chunks
1 tbsp olive oil
1 onion, chopped
2 garlic cloves, minced
2 carrots, diced
2 celery stalks, diced
1 bell pepper, chopped
1 (14 oz) can diced tomatoes
4 cups fish or vegetable broth
1 tsp paprika
1/2 tsp chili flakes (optional)
Salt & pepper to taste
Juice of 1/2 lemon + lemon wedges to serve
Fresh parsley, chopped

DIRECTIONS

- 1. SautØ the Veggies:** Heat the olive oil in a large pot or Dutch oven over medium heat. Add the chopped onion, carrots, celery, and bell pepper. SautØ for 5-7 minutes, stirring occasionally, until the vegetables have softened. Add the minced garlic and cook for another minute until it is fragrant.
- 2. Add : Broth & Spices:** Stir in the can of diced tomatoes, the fish or vegetable broth, the paprika, chili flakes (if using), salt, and pepper. Bring the soup to a simmer and let it cook for about 10 minutes to allow all the flavors to meld together.
- 3. Add the : Fish:** Gently add the fish chunks to the simmering soup. You want to make sure the broth covers the fish. Let the soup simmer, uncovered, for 6-8 minutes, or until the fish is opaque and cooked through. Be careful not to overcook the fish!
- 4. Finish the : Soup:** Remove the pot from the heat. Stir in the fresh lemon juice and most of the chopped fresh parsley.
- 5. Serve:** Ladle the soup into bowls. Garnish with a lemon wedge and more fresh parsley if desired. Serve immediately.

SWAPS & NOTES

Fish : This recipe is perfect for any firm, white fish. Cod, halibut, and sea bass are great choices as they hold their shape well.

You can also use other seafood like shrimp, scallops, or even salmon for a different flavor profile.

Just be sure to adjust the cooking time as needed.

TIPS FOR SUCCESS

Don't Overcook the Fish : Fish cooks very quickly, especially in a hot broth.

The fish is ready when it is opaque and flakes easily with a fork.

Overcooking will make it dry and rubbery.

Use a Good Quality Broth : A good quality fish or vegetable broth is the key to a flavorful soup.

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