Chunky fish soup (serves 2)

Preparation time: 15 mins

Cooking time: 16 mins

Ingredients:

1 tablespoon olive oil
2 rashers bacon, finely chopped (fat removed)
½ brown onion, finely chopped
1 clove garlic, crushed
2 med potatoes, peeled, cut into 1 cm chunks
500ml (salt reduced) chicken stock
200g white fish, cut into 3 cm pieces
½ cup frozen peas and corn or just corn
2 tablespoons thickened cream
1 tablespoon chopped parsley

Method:

1. Heat the oil in a saucepan over high heat. Cook the bacon and onion for 2 mins, add garlic and cook for one minute.
2. Add potatoes and stock. Bring to the boil. Simmer, covered for 10 mins or until potato is tender. Add the fish, peas and corn.
3. Simmer, uncovered for 3 minutes or until fish is cooked through.
4. Add the cream and parsley and stir until heated through (do not boil or soup may split).
5. Serve soup in bowls with bread.