

About 30 minutes

Serves 4

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Ingredients:

- 2 Tbsp (30ml) olive oil + extra for sauteing
- 1 fillet (about 200g) hake, skinned, deboned and cut into 3cm cubes
- 1 packet (500g) PnP seafood selection, defrosted
- 2 onions, chopped
- 2 leeks, chopped (optional)
- 3 cloves garlic, chopped
- 2-3 (about 250g) potatoes, peeled and cut into 4cm cubes
- 3 Tbsp (45ml) cake flour
- ½ tsp (3ml) ground cumin
- ¼ cup (60ml) dry white wine (or 3 Tbsp (45ml) water + 1 Tbsp apple cider vinegar)
- 3 cups (750ml) hot fish stock (chicken or veg stock works too)
- 2 cups (500ml) cream
- 2 bay leaves
- Salt and milled pepper
- 2 cups (230g) frozen corn
- 1 block (100g) PnP vintage English cheddar cheese, grated
- Juice (60ml) of 1 lemon
- Handful each fresh dill and chopped chives
- Crusty bread, for serving

Method

1. Heat oil in a large pot over high heat.
2. Fry hake cubes for 1-2 minutes to sear all around. Remove and set aside.
3. Fry seafood mix in two batches for 3 minutes. Remove and set aside.
4. Add another glug of oil to the same pot, reduce heat and sauté onion and leek for 8

minutes, until soft but not darkened.

5. Add garlic and potato cubes and fry for 2 minutes.
6. Stir in flour and cumin to coat veg.
7. Add wine and reduce for 1 minute.
8. Stir in stock, cream and bay leaves and season.
9. Simmer over medium heat for 15 minutes or until potatoes are tender and start to break down slightly.
10. Return hake and seafood to pot, add corn and simmer for another 5 minutes.
11. Add cheese and stir until melted.
12. Add lemon juice, check seasoning and stir in herbs.
13. Serve soup with crusty bread.

GOOD IDEA

On a budget? Ditch the seafood mix, swap cream for milk and use regular white cheddar instead.

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