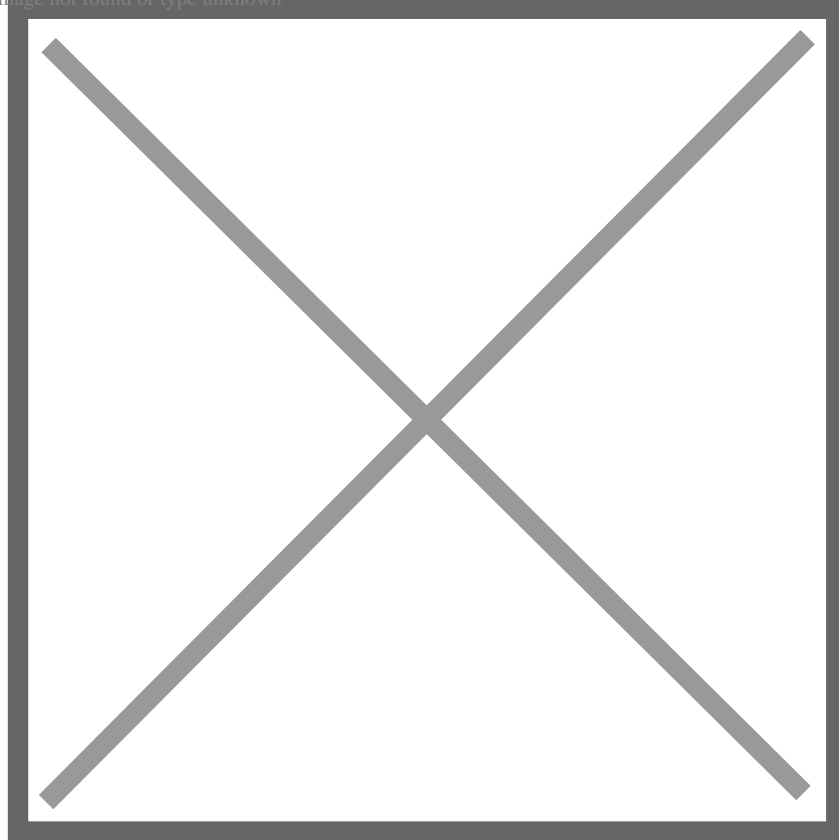


Jack Mackerel Chilean Stew

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Ingredientes

- 2 ÚNICA brand cans of Jack Mackerel in tomato sauce
- 2 medium sized onions, thinly sliced
- 1 tsp oregano
- 1 cup red pepper, julienne cut strips
- 1 cup tomato, diced
- 2 tbsp vegetable oil
- 2 big sized carrots, chopped in half-moons
- 2 tbsp paprika
- 1/2 cup celery small sticks
- 1/2 cup parsley leaves

- 1 1/2 peeled potatoes, cut in wedges or sticks
- 1/2 cup white wine
- Finely chopped cilantro
- Hot water
- Salt and pepper

Preparación

Stir fry the onion in vegetable oil. Add the carrot, celery, oregano and paprika. Season with salt and pepper and add the red pepper strips, tomato and parsley.

Add white wine and the remaining liquid from the Jack Mackerel cans. Cook for 2 or 3 minutes.

Bring in the potatoes with enough hot water to cover the whole preparation. Cook for 30 minutes at low/medium heat.

Add the pieces of Jack Mackerel. When it starts boiling again, put away from the heat.

Serve in a deep dish, together with the broth and chopped parsley.