Hot Thai Soup with Sea Bass

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Ingredients

Serves 2-3 as a main meal

- 4 sea bass fillets, sliced in half
- 225g raw king prawns, peeled & deveined
- 1 (50g) sachet Tom Ka paste
- 1 clove garlic, very finely sliced
- 1 shallot, very finely sliced
- 125g shiitake mushrooms, sliced
- 2 spring onions, sliced
- 2 medium red chillies, finely sliced
- about half a mugful of peas
- about a thumb sized piece of ginger, finely chopped
- 1.25l of water
- torn fresh coriander & basil to finish

Instructions

This fiery broth is a lovely treat on a summer's evening. Tom Ka paste can be bought from most oriental supermarkets (and probably some others) - it's a mixture of chilli, shallots, galangal, lemongrass and kaffir lime and is great for thai cooking.

I used the largish, medium heat chillies here - 2 made this rather fiery, leaving the seeds in. Obviously you can adjust!

It's really very good, very very healthy and extremely quick and easy!

1. Bring the water just to the boil in a large pan and dissolve the paste into it.

2. Add all ingredients apart from the fish, prawns and herbs.
3. Simmer for 10 minutes.
4. Add the sea bass fillets. Cover and continue to simmer for 5 minutes.
5. Add prawns. Re-cover and cook for a further 3-4 minutes.
6. Ensure the prawns and fish are cooked through - add the coriander & basil - serve and enjoy!