



Winter Vegetable Soup with Smoked Ocean Trout

Eaten with bread, this makes a great meal. The smoked fish flavour is delicate, and if you make sure there are no bones, some children will love it too. Omit the smoked fish if it does not suit.

- 1 medium leek
- 4 tbsp *Cobram Estate Rich and Robust extra virgin olive oil*
- 2 tomatoes, roughly chopped
- 1 medium zucchini, cut into small slices
- 2 medium potatoes, peeled and diced
- 1 tbsp sweet paprika
- salt and freshly ground black pepper
- 1½ litres cold water
- 400g hot smoked ocean trout
- about 300g firm fish fillets, skinless and boneless
- 2 cloves garlic, finely chopped
- 3 tbsp chopped parsley

Trim damaged leek leaves, then trim the root, keeping about 5cm of the very green part. Cut the leek into quarters lengthwise, leaving the base intact. Wash the leek well in lukewarm water then slice it finely.

Heat half the *Cobram Estate Rich & Robust extra virgin olive oil* in a large, non-stick saucepan or in a wok. Gently cook the leek for 3 minutes. Stir in the tomatoes, zucchini and potatoes. Add the paprika and season with salt and pepper. Cover with 1½ litres of cold water, bring to a simmer and simmer for 15 minutes.

Meanwhile, skin and bone the ocean trout. Break the flesh into small pieces.

Cut the fish fillets into small cubes. Stir the fish into the soup and simmer for a further 5 minutes. Stir in the smoked fish.

Just before serving, stir in the garlic and parsley, and drizzle with remaining *Cobram Estate Rich & Robust extra virgin olive oil*.

Enjoy your Meal

Gabriel Gate.