



Recipe Category / Soups

# Greek Sea Bass Soup

**1 hour 10  
minutes**

Hands on

**Family**  
Portion(s)

**3**  
Difficulty



## Method

### Fish Soup - Ψαρόσουπα

- Place the fish in a pot along with about 1 ½ liters of water that is barely covering it.
- Add the bouillon cube, salt, pepper, thyme and rosemary. Cover and boil over medium heat for 30-35 minutes.
- When ready, carefully remove the fish and transfer to a platter. Set aside.
- Drain the broth and pour it back into the pot. Add the carrots, potatoes, onion, celery, lemon juice and cover.
- Boil for about 20-30 minutes until the vegetables soften.
- When ready, remove the bones from the fish.
- Serve fish with vegetables and soup.

## Ingredients

- 1,2-1,5 fish
- 1,5 liter water
- 1 stock, vegetable
- salt
- pepper
- 4-5 sprig(s) thyme
- 1-2 sprig(s) rosemary
- 2 carrots, peeled and cut into 1 cm slices
- 2-3 potatoes, medium, peeled and cut into wedges
- 1 onion, peeled
- 4 sprig(s) celery leaves
- 2 lemons

To serve

- olive oil

## Διατροφικός πίνακας

Nutrition information per portion

221 Calories (kcal)	5.0 Total Fat (g)	1.2 Saturated Fat (g)	12.5 Total Carbs (g)
11%	7%	6%	5%
3.0 Sugars (g)	29.3 Protein (g)	2.4 Fibre (g)	0.37 Sodium (g)
3%	59%	10%	6%