

Fish Stew



Ingredients

4	**Brown Onions, quartered
4	**Carrots cut into 2" cubes
½ Kg	**Potatoes, quartered
1 Tbsp	Butter
4 Sticks	Celery, cut up
½ Kg	Fish, cubed
1 Cup	Milk
2 Tbsp	Plain Flour
	Sale & Pepper to taste
4	Tomatoes, cubed

Preparation

**Cook in a covered dish in Microwave Oven on High for 8 minutes.

Put the Butter and Flour into a pan and cook for 2 minutes. Add the Milk and Salt and Pepper. Then put in the cubed Fish, Tomatoes and Celery. Finally, add all the **boiled vegetables and cook for a few minutes until the gravy thickens.

Enjoy.