

Treasure Barrel

Spicy Lemon Fish Soup Recipe

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

For the Soup Base

- [ ] 1 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1/2 to 1 tsp red chili flakes (adjust to taste)
- [ ] 4 cups fish or vegetable broth
- [ ] Zest of 1 lemon

Main Ingredients

- [ ] 1 lb firm white fish fillets (cod, halibut), cut into 1-inch chunks
- [ ] Juice of 2 lemons (about 1/4 to 1/3 cup)
- [ ] Salt and black pepper to taste

For Serving

- [ ] 2 tbsp fresh parsley or dill, chopped
- [ ] Lemon wedges
- [ ] Crusty bread or a quick pizza dough baked into rolls

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the minced garlic and chili flakes. Sauté for about 1 minute, until fragrant but not browned. Wow, the smell is just… incredible already.
2. Pour in the broth and add the lemon zest. Bring it to a gentle simmer. Let it bubble away for about 5 minutes to let the flavors meld.
3. Season the fish chunks with a little salt and pepper. Gently lower them into the simmering broth. Don’t stir too much—just let them cook for 4-5 minutes, until the fish is opaque and flakes easily.
4. Turn off the heat. Stir in the fresh lemon juice and most of the chopped herbs. Taste it—add more salt, pepper, or lemon juice if you think it needs it.
5. Ladle the soup into bowls. Garnish with the remaining herbs and a lemon wedge on the side. Serve immediately with plenty of bread for dipping. Honestly, it’s so good.

Nutrition per serving

180 kcal	25 g	5 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- The fish cooks quickly, so keep an eye on it to avoid overcooking.
- If you want a richer soup, a tablespoon of butter stirred in at the end is lovely.
- This is a great base recipe—feel free to add vegetables like spinach or cherry tomatoes.