

Plate Dream

Seafood Bisque – Easy, Healthy Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb peeled shrimp, deveined
- [ ] 1/2 lb white fish fillet, cut into 1-inch cubes
- [ ] 2 tbsp butter
- [ ] 1 small onion, finely chopped
- [ ] 2 cloves garlic, minced
- [ ] 1 cup fish stock or vegetable broth
- [ ] 1/2 cup heavy cream
- [ ] 1 tsp fresh thyme leaves
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt and freshly ground black pepper to taste

Optional Garnish

- [ ] 2 tbsp chopped fresh chives
- [ ] A drizzle of extra-virgin olive oil

Instructions

1. In a large saucepan, melt butter over medium heat; add onion and garlic, sauté until translucent, about 3-4 minutes. shrimp chowder techniques inspire this gentle base.
2. Stir in thyme and broth, bring to a gentle simmer. Let the aromatics mingle for 5 minutes.
3. Add fish cubes first; simmer for 4 minutes until just opaque, then add shrimp and cook another 2-3 minutes until pink. shrimp corn soup shares a similar quick-cook rhythm.
4. Reduce heat to low, whisk in cream and lemon juice. Season with salt and pepper, adjust flavor, and remove from heat.
5. Ladle into bowls, garnish with chives and a drizzle of olive oil. Serve hot and enjoy the silky warmth.

Nutrition per serving

340 kcal	30 g	6 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust seasoning at the end; a splash of lemon can brighten the whole bowl.
- If the bisque looks thin, blend a handful of cooked cauliflower into the broth before adding cream.
- For a richer flavor, sauté the aromatics in a little olive oil plus butter.