SPANISH · DINNER

Spanish Cod and Shrimp Skillet with Garlic-Parsley Sauce

Cazuela de bacalao y gambas

35 min · Serves 4 · 476 kcal a serve · Video 7:59 · Spain on a Fork

Pescatarian · No dairy listed · No nuts listed

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60 g protein and 9 g net carbs a serve: cod fillets and shrimp simmered in an onion, white wine and fish-broth sauce, finished with a raw garlic-parsley oil. Only ½ tbsp flour for four; arrowroot makes it paleo.

Diet notes: Low carb (9.4 g net carbs) but not keto: 36% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2.8 g, 5% of the energy); Paleo with a swap: arrowroot or tapioca flour instead of the all-purpose flour.

Ingredients 15 · SERVES 4

- [ ] 3 tbsp (45 ml) extra **virgin olive oil**
- [ ] 2 medium **yellow onions**, thinly sliced
- [ ] 4 **garlic** cloves, roughly chopped
- [ ] ½ tbsp (4 g) **all-purpose flour**
- [ ] 120 ml **dry white wine**
- [ ] ½ tsp **dried thyme**
- [ ] ¼ tsp **crushed red pepper**
- [ ] 240 ml **fish broth**
- [ ] 4 **cod fillets**, 200 g each
- [ ] 450 g **raw shrimp**, peeled and deveined
- [ ] **sea salt** to taste and black pepper
- [ ] 2 **garlic** cloves, roughly chopped (for the sauce)
- [ ] 2 tbsp chopped **parsley** (for the sauce)
- [ ] 2 tbsp (30 ml) extra **virgin olive oil** (for the sauce)
- [ ] 1 tsp **lemon juice**, plus lemon wedges to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Crustacea, Fish, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat 3 tbsp olive oil in a large frying pan over medium heat. Add the sliced onions and cook about 10 minutes, stirring every minute or two, until translucent. 1:12
2. Meanwhile pat the cod and shrimp dry. Season the cod on both sides and the shrimp on one side with salt and pepper. 1:43
3. Add the 4 chopped garlic cloves to the onions and stir for about a minute, then stir in the flour for 1 minute to cook out its raw taste. 2:40
4. Pour in the white wine with the thyme and crushed red pepper and cook 2–3 minutes, stirring, to cook off the alcohol. 3:12
5. Add the fish broth and keep stirring gently 4–5 minutes, until the sauce turns slightly creamy. Season lightly. 3:45
6. Lay the cod in the sauce, turn each piece to coat, then add the shrimp in one layer. Cover, lower the heat to medium-low and simmer 5–6 minutes, until both are just cooked through. 4:16
7. For the sauce, pound 2 garlic cloves, the parsley and a pinch of salt to a paste in a mortar, then stir in 2 tbsp olive oil and the lemon juice. Spoon it over the fish and serve with lemon wedges. 5:05

> **Tip** Season the shrimp on one side only; they cook in minutes and pick up the rest from the sauce.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
476 kcal	60 g	11 g	1.6 g	19 g	770 mg
1,990 kJ	119% of a day	9.4 g net · 3.7 g sugars	6% of a day	2.8 g saturated	33% of a day
		4% of a day		24% of a day	

Energy from net carbs 8% · protein 54% · fat 38% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 193% · Vitamin B12 137% · Vitamin B6 45% · Omega-3 45% · Vitamin E 33% · Magnesium 28% · Vitamin K 27% · Zinc 24%

Source of (10–19%) Potassium 17% · Vitamin C 12% · Folate 12% · Iron 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=0pLbbb--kPE. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cazuela-de-bacalao-y-gambas