SPANISH · LUNCH · DINNER

Merluza en Salsa Verde (Hake and Clams in Green Sauce)

Merluza con almejas en salsa verde

35 min · Serves 4 · 300 kcal a serve · Video 7:42 in Spanish · La Cocina de Loli Dominguez

Pescatarian · Dairy-free · Nut-free

33 g protein and 8 g net carbs a serve from hake and clams in a light olive-oil, wine and parsley sauce — rich in vitamin B12 and selenium.

Diet notes: Low carb (7.9 g net carbs) but not keto: 35% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 11 · SERVES 4

- [ ] 4 **fresh hake loins** (about 150 g each), skin on
- [ ] 400 g **fresh clams** in the shell, soaked in salted water to release sand
- [ ] 3 tbsp extra **virgin olive oil**
- [ ] 3 **garlic** cloves, very finely chopped
- [ ] 1 medium **onion**, finely chopped
- [ ] 1 heaped tbsp **plain flour**
- [ ] 120 ml **dry white wine** (½ glass; she uses Montilla)
- [ ] 360 ml **fish stock** (1½ glasses)
- [ ] 1 sprig of **parsley**, leaves only, finely chopped
- [ ] **salt** to taste
- [ ] **ground black pepper**

Contains: Gluten, Molluscs, Fish. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the clams in salted water for at least 30 minutes to release any sand. In a wide pan, gently sauté 3 finely chopped garlic cloves in 3 tbsp olive oil, then add the chopped onion and soften it over low heat without letting it colour. 0:53
2. Stir in a heaped tablespoon of flour and cook for a few seconds so it doesn't taste raw. 2:05
3. Pour in ½ glass of white wine and cook over low heat, stirring constantly, for 2–3 minutes until the wine smell has gone and the mixture stays pale. 2:33
4. Add the fish stock and simmer for 4–5 minutes, stirring, until you have a light, pourable sauce (add a splash of water if it gets too thick). 3:16
5. Season the hake loins with salt and pepper and lay them in the sauce skin side up. Cook for 3 minutes. 3:54
6. Taste the sauce for salt, turn the loins carefully and add the clams, throwing away any broken ones. Cook about 3 minutes more, until the clams open and the hake is just cooked. 4:47
7. Scatter over plenty of chopped parsley, give the pan a gentle shake and serve in a clay dish, clams facing up, with the sauce spooned over. 5:56

> **Tip** Serves 4. Don't overcook the clams or they turn dry. In Spain it comes to the table with bread for the sauce; a green salad keeps the meal lower in carbs.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
300 kcal	33 g	8.8 g	0.9 g	12 g	920 mg
1,250 kJ	66% of a day	7.9 g net · 2.2 g sugars	3% of a day	1.7 g saturated	40% of a day
		3% of a day		15% of a day	

Energy from net carbs 12% · protein 48% · fat 40% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 777% · Selenium 105% · Vitamin K 40% · Vitamin B6 26% · Omega-3 23%

Source of (10–19%) Magnesium 16% · Vitamin E 16% · Zinc 13% · Vitamin C 13% · Potassium 12% · Iron 10%

Recipe and video: La Cocina de Loli Dominguez (@LoliDominguezJimenez) on YouTube — youtube.com/watch?v=13UMl_OnXP0, published 13 March 2014. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/merluza-en-salsa-verde