SPANISH · DINNER · LUNCH

Mediterranean Fish and Vegetable Stew with Prawns

45 min · Serves 2 · 655 kcal a serve · Video 8:43 · Spain on a Fork

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed

About 60 g protein and 9 g fibre a big bowl from hake, prawns and five vegetables in a tomato and white-wine broth, thickened with almonds and garlic instead of flour. Rich in selenium, vitamin C and vitamin B12.

Diet notes: Low saturated fat (3.5 g, 5% of the energy).

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Ingredients 16 · SERVES 2

- [ ] 3 tbsp (45 ml) extra **virgin olive oil**
- [ ] 10 **blanched almonds**
- [ ] 7 **garlic** cloves (4 whole for the paste, 3 thinly sliced)
- [ ] ½ **onion**, roughly chopped
- [ ] 1 **red bell pepper**, roughly chopped
- [ ] 1 **carrot**, peeled and thinly sliced
- [ ] 1 **zucchini**, cut into large chunks
- [ ] **Dried herbs**: 1 tsp dried oregano and ½ tsp dried thyme
- [ ] 125 ml **white wine**
- [ ] 1 × 400 g can diced **tomatoes**
- [ ] 475 ml **vegetable broth** (the cook's is homemade)
- [ ] 2 tbsp finely chopped **parsley** for the paste, plus more to finish
- [ ] 340 g **hake fillet** (or cod or halibut), cut into 2.5 cm chunks
- [ ] 12 **raw jumbo shrimp**, peeled and deveined
- [ ] **sea salt**, a pinch at each stage
- [ ] **freshly cracked black pepper**

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

Allergens found in the listed ingredients: Crustacea, Fish, Tree nuts, 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 stockpot over medium heat. 0:51
2. Add 10 blanched almonds and 4 peeled garlic cloves and fry 2–3 minutes, stirring constantly, until golden. Lift them into a mortar and set aside. 1:23
3. In the same oil add the onion, red pepper, carrot, zucchini and 3 sliced garlic cloves, cut in big chunks. Sauté 5–6 minutes, stirring every minute or two, until the onion is translucent. 1:57
4. Stir in the oregano and thyme, pour in 120 ml white wine, turn the heat to medium-high and cook 3–4 minutes until the wine has reduced by half. 2:53
5. Add the can of diced tomatoes, a pinch of sea salt and plenty of black pepper, then 470 ml vegetable broth. Bring to a boil. 3:43
6. Meanwhile pound the fried almonds and garlic with 2 tbsp parsley and a pinch of salt into a paste. 4:30
7. Stir the paste into the boiling stew, cover and simmer on low-medium heat about 10 minutes. Cut the hake into 2.5 cm pieces, pat the shrimp dry, and season both with salt and pepper. 4:57
8. Add the fish, cover and cook 3 minutes; add the shrimp, cover and cook 1 minute more. Take off the heat and serve in shallow bowls with chopped parsley. 6:12

> **Tip** Makes 2 big bowls. Albert serves it with a crusty baguette (not in the numbers). For a nut allergy he swaps the almonds for two slices of baguette in the paste. Any firm white fish works.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
655 kcal	60 g	39 g	9.5 g	26 g	1,480 mg
2,740 kJ	119% of a day	29 g net · 19 g sugars	34% of a day	3.5 g saturated	64% of a day
		14% of a day		34% of a day	

Energy from net carbs 20% · protein 40% · fat 40% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 174% · Vitamin C 167% · Vitamin B12 120% · Vitamin K 112% · Vitamin B6 80% · Vitamin E 70% · Vitamin A 61% · Omega-3 49% · Magnesium 46% · Potassium 42% · Iron 35% · Zinc 35% · Folate 35% · Calcium 20%

⚠ One serve has about 64% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=OKaGwHIP-O8. 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/spain-on-a-fork-mediterranean-vegetable-fish-stew