



Paella" Couscous Salad

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



623 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black
- 0.1 teaspoon ground pepper
- 1.5 cups chicken broth
- 10 oz couscous ()
- 0.5 cup wine dry white
- 0.3 cup parsley fresh finely chopped
- 1 large garlic clove minced
- 2 large garlic clove chopped

- 0.3 cup juice of lemon fresh
- 1 tablespoon juice of lemon fresh
- 6 servings lemon wedges
- 0.3 cup olive oil extra virgin extra-virgin
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 cup peas frozen thawed
- 5 oz pimiento stuffed olives green drained coarsely chopped
- 1 large bell pepper diced red finely
- 0.3 teaspoon saffron threads crumbled
- 0.8 teaspoon salt
- 0.8 lb scallops halved quartered (if large)
- 0.5 cup shallots finely chopped
- 0.8 lb shrimp deveined peeled
- 0.5 lb chorizo spanish hot cut into 1/4-inch dice* (spicy cured pork sausage; preferably)

Equipment

- bowl
- frying pan
- sauce pan
- blender
- plastic wrap
- spatula
- slotted spoon

Directions

- Heat oil in a large heavy skillet over moderately high heat until hot but not smoking, then saut chorizo and shallot, stirring, until chorizo is golden brown on edges, 3 to 4 minutes.
- Add garlic and saut, stirring, 1 minute.
- Transfer mixture to a large bowl, scraping out skillet with a rubber spatula.

- Bring broth and wine to a boil in a 2 1/2-quart saucepan and cook shrimp, covered, until just cooked through, about 45 seconds.
- Transfer shrimp with a slotted spoon to a small bowl. Bring liquid in saucepan back to a boil and cook scallops, covered, until just cooked through, about 2 minutes.
- Transfer scallops with slotted spoon to bowl with shrimp and pour any liquid accumulated in bowl back into pan.
- Add lemon juice to seafood, then add salt and pepper to taste and toss to combine.
- Put couscous in a metal bowl. Reserve 1 3/4 cups cooking liquid in saucepan and discard remainder.
- Add saffron and bring liquid to a boil and pour over couscous.
- Let stand, covered tightly with plastic wrap, 5 minutes. Fluff couscous with a fork and add to chorizo. Stir in peas, bell pepper, olives, and seafood and toss to combine.
- Blend lemon juice, oil, garlic, salt, black pepper, and cayenne in a blender until smooth and pour over seafood salad, tossing to combine well.
- Let stand 30 minutes at room temperature to allow couscous to absorb dressing.
- Stir in parsley and season salad with salt and pepper.
- Available at Latino markets and some supermarkets.
- Cooks' note: Salad can be made (without parsley) 2 hours ahead and chilled, covered. Bring to room temperature and stir in parsley just before serving.

Nutrition Facts

PROTEIN 21.91% **FAT 44.86%** **CARBS 33.23%**

Properties

Glycemic Index:77.64, Glycemic Load:24.62, Inflammation Score:-9, Nutrition Score:22.049565522567%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 7.2mg, Apigenin: 7.2mg, Apigenin: 7.2mg, Apigenin: 7.2mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

0.07mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 623.18kcal (31.16%), Fat: 30.33g (46.67%), Saturated Fat: 6.4g (40%), Carbohydrates: 50.56g (16.85%), Net Carbohydrates: 44.56g (16.2%), Sugar: 5.12g (5.69%), Cholesterol: 129.69mg (43.23%), Sodium: 1180.38mg (51.32%), Alcohol: 2.06g (100%), Alcohol %: 0.63% (100%), Protein: 33.33g (66.66%), Vitamin C: 57.91mg (70.19%), Vitamin K: 72.93µg (69.46%), Phosphorus: 449.03mg (44.9%), Manganese: 0.69mg (34.56%), Vitamin A: 1572.58IU (31.45%), Vitamin E: 3.86mg (25.74%), Fiber: 6g (23.98%), Copper: 0.47mg (23.45%), Magnesium: 77.14mg (19.29%), Potassium: 607.29mg (17.35%), Iron: 3.04mg (16.87%), Vitamin B6: 0.33mg (16.52%), Folate: 62.92µg (15.73%), Vitamin B3: 3.14mg (15.71%), Zinc: 2.25mg (15.03%), Vitamin B12: 0.81µg (13.52%), Vitamin B1: 0.2mg (13.37%), Selenium: 8.67µg (12.39%), Vitamin B5: 0.95mg (9.45%), Calcium: 92.4mg (9.24%), Vitamin B2: 0.15mg (8.94%)