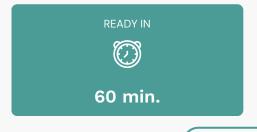
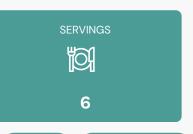


# Paella" Couscous Salad

airy Free







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 )
Ec	uipment
	bowl
	frying pan
	sauce pan
	blender
	plastic wrap
	spatula
	slotted spoon
Di	rections
	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 13/4 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

### **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, Catechin: 0.11mg, Epicatechin: 0.1

PROTEIN 21.91% FAT 44.86% CARBS 33.23%

0.07mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg 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%)