



"Paella" Couscous Salad

 Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



581 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
- ☐ 6 servings lemon wedges
- ☐ 0.3 cup 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

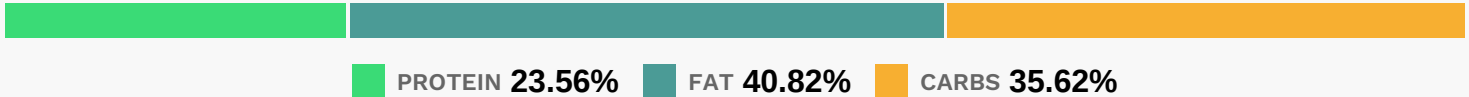
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Heat oil in a large heavy skillet over moderately high heat until hot but not smoking, then sauté chorizo and shallot, stirring, until chorizo is golden brown on edges, 3 to 4 minutes.
- ☐ Add garlic and sauté, 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.
- ☐ · 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:21.65782596754%

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: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 581.38kcal (29.07%), Fat: 25.66g (39.48%), Saturated Fat: 5.76g (35.97%), Carbohydrates: 50.38g (16.79%), Net Carbohydrates: 44.39g (16.14%), Sugar: 5.06g (5.62%), Cholesterol: 129.69mg (43.23%), Sodium: 1180.26mg (51.32%), Alcohol: 2.06g (100%), Alcohol %: 0.65% (100%), Protein: 33.32g (66.64%), Vitamin C: 56.94mg (69.02%), Vitamin K: 70.12µg (66.78%), Phosphorus: 448.83mg (44.88%), Manganese: 0.69mg (34.55%), Vitamin A: 1572.43IU (31.45%), Fiber: 5.99g (23.95%), Copper: 0.47mg (23.43%), Vitamin E: 3.18mg (21.23%), Magnesium: 76.99mg (19.25%), Potassium: 604.67mg (17.28%), Iron: 3.01mg (16.72%), Vitamin B6: 0.33mg (16.46%), Vitamin B3: 3.14mg (15.7%), Folate: 62.42µg (15.61%), Zinc: 2.25mg (15.02%), Vitamin B12: 0.81µg (13.52%), Vitamin B1: 0.2mg (13.33%), Selenium: 8.67µg (12.39%), Vitamin B5: 0.94mg (9.42%), Calcium: 92.21mg (9.22%), Vitamin B2: 0.15mg (8.92%)