



Portuguese Fish Supper

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce garbanzo beans rinsed drained canned
- 8 ounce tomato sauce canned
- 1 cup chicken stock see
- 0.3 pound style chorizo diced spanish crumbled
- 15 ounce canned tomatoes diced fire roasted canned
- 1 leaf flat parsley chopped for garnish
- 2 large cloves garlic chopped
- 24 ounce haddock fillets thick

- 1 small dinosaur kale black thinly sliced
- 9 servings grates nutmeg
- 1 tablespoon olive oil extra-virgin
- 1 medium onion chopped
- 4 servings salt and pepper black freshly ground
- 4 servings seafood seasoning sweet (recommended: Old Bay)
- 4 servings portuguese rolls for mopping
- 2 sprigs thyme leaves fresh chopped

Equipment

- bowl
- frying pan
- ladle
- dutch oven

Directions

- Watch how to make this recipe.
- Heat the extra-virgin olive oil over medium-high heat in a high-sided skillet or Dutch oven.
- Add the chorizo and render for a couple of minutes, then add the onions and cook until softened, about 5 minutes. Stir in the garlic and cook for 1 to 2 minutes.
- Add the kale and toss to wilt, then season with a few grates of nutmeg and salt and pepper, to taste. Stir in the stock, tomato sauce, diced tomatoes, garbanzo beans and thyme. Bring to a simmer and cook over low heat for 10 minutes. Cool and store for a make-ahead meal.
- Reheat sauce, covered, in high-sided skillet over medium heat, stirring occasionally, until sauce is hot and bubbly, about 10 to 15 minutes. Season the fish with seafood seasoning or paprika and salt and pepper, to taste.
- Add the fish to the sauce and cover. Cook until the fish is opaque and cooked through, about 5 to 7 minutes. Ladle into shallow bowls garnished with parsley.
- Serve with crusty bread for mopping.

Nutrition Facts

PROTEIN 37.45% FAT 34.95% CARBS 27.6%

Properties

Glycemic Index:122.21, Glycemic Load:6.92, Inflammation Score:-10, Nutrition Score:27.856521896694%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 465.55kcal (23.28%), Fat: 17.9g (27.54%), Saturated Fat: 5.71g (35.66%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 23.56g (8.57%), Sugar: 8.02g (8.91%), Cholesterol: 117.28mg (39.09%), Sodium: 1186.87mg (51.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.16g (86.32%), Selenium: 48.72µg (69.61%), Manganese: 1.32mg (66.12%), Vitamin B6: 1.17mg (58.28%), Phosphorus: 529.35mg (52.93%), Vitamin B12: 3.11µg (51.88%), Vitamin B3: 7.62mg (38.11%), Vitamin K: 35.22µg (33.55%), Fiber: 8.25g (32.98%), Potassium: 963.09mg (27.52%), Iron: 4.71mg (26.18%), Vitamin A: 1298.45IU (25.97%), Magnesium: 93.49mg (23.37%), Copper: 0.38mg (19.09%), Folate: 70.1µg (17.52%), Vitamin C: 12.69mg (15.38%), Calcium: 145.14mg (14.51%), Vitamin E: 2.16mg (14.4%), Vitamin B2: 0.23mg (13.69%), Vitamin B5: 1.23mg (12.32%), Zinc: 1.74mg (11.63%), Vitamin B1: 0.15mg (9.99%), Vitamin D: 0.85µg (5.67%)