



Portuguese Fisherman's Shrimp and Chorizo

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 15 ounce chick peas drained canned
- 15 ounce canned tomatoes diced with chiles canned
- 1 carrots peeled chopped
- 3 cups chicken stock see
- 8 ounces chorizo chopped
- 1 small bunch flat-leaf kale chopped
- 2 tablespoons thyme leaves fresh chopped

- 3 cloves garlic thinly sliced chopped
- 1 juice of lemon
- 4 servings kosher salt and pepper black freshly ground
- 4 servings nutmeg freshly grated
- 1 tablespoon olive oil extra-virgin
- 1 medium onion chopped
- 1 holland pepper thinly sliced
- 1.5 pounds shrimp stemmed deveined
- 1 starchy potato peeled chopped
- 4 servings portuguese rolls for serving

Equipment

- bowl
- dutch oven

Directions

- Watch how to make this recipe.
- Heat 1 tablespoon extra-virgin olive oil in a Dutch oven or soup pot over medium-high heat, add the chorizo and render 2 minutes. Then add the potato, onion, carrot, garlic, chile pepper, thyme, and bay leaf, soften 5 to 6 minutes. Wilt in the kale and season with a little nutmeg. Stir in the chickpeas, tomatoes, and stock into the pot, bring to a low boil and season with salt and pepper, if necessary. Cool and store for make-ahead meal.
- Heat the chorizo and vegetable sauce base to a low boil, when ready to serve.
- Add the shrimp and cook until pink and firm.
- Add the juice of 1 lemon and turn off the heat.
- Serve the shrimp and chorizo in shallow bowls garnished with a drizzle of extra-virgin olive oil, and warm Portuguese rolls alongside.

Nutrition Facts



■ PROTEIN 31.6% ■ FAT 28.68% ■ CARBS 39.72%

Properties

Glycemic Index:144.73, Glycemic Load:38.61, Inflammation Score:-10, Nutrition Score:38.655652460845%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 30.8mg, Apigenin: 30.8mg, Apigenin: 30.8mg, Apigenin: 30.8mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 787.57kcal (39.38%), Fat: 25.31g (38.93%), Saturated Fat: 7.15g (44.69%), Carbohydrates: 78.86g (26.29%), Net Carbohydrates: 67.97g (24.72%), Sugar: 14.98g (16.64%), Cholesterol: 314.69mg (104.9%), Sodium: 1212.28mg (52.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.73g (125.47%), Vitamin K: 245.49µg (233.8%), Iron: 17.92mg (99.56%), Vitamin A: 4374.02IU (87.48%), Manganese: 1.49mg (74.37%), Copper: 1.27mg (63.29%), Phosphorus: 595.13mg (59.51%), Vitamin C: 44.45mg (53.88%), Vitamin B6: 1.07mg (53.54%), Potassium: 1542.46mg (44.07%), Fiber: 10.89g (43.56%), Magnesium: 151.55mg (37.89%), Zinc: 4.08mg (27.22%), Vitamin B3: 5.32mg (26.59%), Calcium: 256.12mg (25.61%), Folate: 91.4µg (22.85%), Vitamin B1: 0.27mg (18.04%), Vitamin B2: 0.29mg (17.29%), Vitamin E: 2.12mg (14.15%), Selenium: 7.48µg (10.69%), Vitamin B5: 0.95mg (9.49%)