



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CLAMS & CHORIZO

Time: 25 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
1 onion – diced
1 clove garlic very finely chopped or crushed
½ teaspoon kosher salt
1 cup dry white wine
1 pinch saffron strands
2 pounds live clams
8 ounces cured chorizo – diced
½ cup frozen peas
⅛ teaspoon fresh ground black pepper

Preparation:

Place a large pot or Dutch oven over medium heat and add the olive oil. When the oil is hot, add the onion, garlic and salt, stirring occasionally for five minutes.

Add the wine and turn the heat to high, bringing it to a boil.

Stir in the saffron, clams and chorizo and return to a boil. Return the heat to medium, cover and cook for five minutes.

Stir in the peas and cook covered for another three minutes.

Remove from heat, sprinkle with the pepper and serve immediately.

Nutritional Information Per Serving:

Calories: 285
Fat: 11g
Carbs: 8g
Fibre: 1g
Protein: 27g