

MUSSELS & CHORIZO

Time: 30 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
2 large shallots – finely chopped
2 cloves garlic - finely chopped or grated
6 ounces dry or semi-dry chorizo – diced
2 cups dry white wine
28-ounce can diced tomatoes
1 teaspoon kosher salt
½ teaspoon fresh ground black pepper
½ teaspoon smoked paprika
2 pounds fresh mussels – cleaned and debearded
¼ cup flat-leaf parsley – roughly chopped

Preparation:

Place a large pot on medium-high heat and add the oil. Once the oil is hot, sauté the shallots for two minutes.

Stir in the garlic and cook for thirty seconds.

Add the wine, tomatoes, salt, pepper and paprika and bring heat to high. Once a boil is reached, reduce heat and simmer for ten minutes.

Add the mussels to the pot, cover and bring heat to medium for five minutes. Carefully shake the pot a time or two during cooking.

Remove from heat and stir in the parsley. Serve immediately.

Nutritional Information Per Serving:

Calories: 500
Fat: 24g
Carbs: 16g
Fibre: 2g
Protein: 32g