



## JERNEJ KITCHEN

# SHRIMP STEW WITH POTATOES AND CHICKPEAS

*Shrimp Stew with Potatoes and Chickpeas is a quick and easy 40-minute recipe, perfect for weeknight dinner. It's gluten-free, dairy-free and 100% delicious.*

SERVES	2	PEOPLE
PREPARATION:	10	MINUTES
COOK:	30	MINUTES
TOTAL TIME:	40	MINUTES

### SHRIMP STEW WITH POTATOES AND CHICKPEAS

2 tbsp olive oil

220 g (1/2 pound) fresh or frozen shrimp

1 onion

1 celery stalk

2 cloves of garlic

1/2 tsp paprika powder, 1/4 tsp ground cumin, 1/4 tsp ground coriander, 1 bay leaf

1 tsp tomato paste

2 medium potatoes

360 ml (1 1/2 cup) water or vegetable broth

250 g (1 cup) canned diced tomatoes

125 g (1 cup) cooked chickpeas

2 tbsp chopped parsley

### TOOLS AND EQUIPEMENT

saucepan or pot

spoon

plate

### PAN-FRY THE SHRIMP

Place a saucepan or small pot with olive oil over medium heat. When the oil is hot, add the shrimp. Pan-fry on all sides, for about 1 - 2 minutes, stirring occasionally. Transfer to a plate.

### COOK THE VEGGIES AND SPICES

Add diced onion and diced celery stalk to the same saucepan or pot. Cook for 2 - 3 minutes over medium heat, stirring occasionally. Add the diced garlic and spices: paprika powder, ground cumin, ground coriander, bay leaf, and tomato paste. Stir, and cook for 2 minutes.

### COOK THE POTATOES

Cut the potatoes into small cubes and add them to the pot. Pour in the water or vegetable broth. Season with salt and pepper and cover with a lid. Simmer for 15 - 18 minutes, or until the potatoes are cooked.

### ADD THE TOMATOES AND CHICKPEAS

Add the diced potatoes, stir, and cook for 2 - 3 minutes, then add the chickpeas, chopped parsley, and pan-fried shrimp. Stir and bring to a boil. Simmer for another 2 - 3 minutes to cook the shrimp.

### TIP

Optionally add a teaspoon of sugar if you feel that the tomatoes aren't sweet enough, or add 1/2 tsp of chili powder if you want to make it spicy.

### SERVE

Remove from the heat, season with salt, and pepper to taste. Divide between two plates and serve. Optionally sprinkle with

chopped parsley.