



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

Sponsored

chopped parsley.