



Tomato Seafood Stew

Ingredients

- Mussels
- Hake (cut in tubes)
- ¼ cup Squid
- 1 cup Shrimps
- 1 finely chopped onion
- 1 cup finely chopped carrots
- 1 can of chopped tomatoes
- 2 Fresh lemons
- 1 teaspoon of minced garlic
- Salt & Pepper for taste
- 1 cup of chicken broth
- 1 tablespoon of olive oil
- 1 tablespoon of butter
- 1 teaspoon of cumin
- 1 teaspoon of coriander powder
- 1 teaspoon of smoked paprika
- ½ teaspoon of brown sugar
- ½ teaspoon of balsamic vinegar
- fresh parsley to garnish

Method

- 1** On a medium heated pan with oil and butter, fry your squid for two minutes on both side and set aside.
- 2** On the same pan , sauté your onion till soft and then add carrots and garlic and stir for 4-5 minutes and then add all your seasonings (salt,pepper, cumin,paprika and Coriander).
- 3** As your spices cook , add the tomato, sugar , lemon juice, balsamic vinegar, chicken broth and all the seafood and leave it to simmer for 10 minutes or until everything is cooked.
- 4** You can serve it with Butter Toasted bread or can be enjoyed as it is.