KIKKOMAN

Oven-baked Cataplana with Mussels and Prawns

Total time **85 mins** **25 mins** preparation time **60 mins** cooking time

Nutritional facts (per portion):
2,589 kJ / 617 kcal

Fat: **22.9 g** Protein: **42.9 g**
Carbohydrates: **45.6 g**

INGREDIENTS

4 portion(s)

1 kg	fresh mussels
8	raw king prawns, with head and shell on
500 g	waxy potatoes
1	onion
1	garlic clove
80 g	streaky bacon (rashers)
400 g	plum tomatoes
2	peppers (yellow, red)
6 tbsp	olive oil
2 tsp	sweet paprika
1 tbsp	tomato purée
250 ml	white wine
200 ml	fish stock
2	bay leaves
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 pinch	of sugar
3	thyme sprigs
0.5 bunch	fresh coriander leaves
2 tbsp	flat leaf parsley leaves

PREPARATION

Step 1

Place the mussels and prawns in cold water.

Step 2

Rinse, peel, and chop the potatoes into small pieces. Then rinse the peppers and plum tomatoes and chop them into small pieces.

Step 3

Roughly dice the bacon. Peel and chop the onion and garlic and sauté in a pot over a gentle heat with the remaining olive oil and bacon.

Step 4

Add the tomato paste, paprika and bay leaves. Pour in the white wine and reduce the liquid by half.

Step 5

Preheat the oven to 200 °C.

Step 6

Now add the tomatoes, peppers, potatoes and prawns. Add the fish stock and season with sugar and Kikkoman soy sauce.

Step 7

Place the mussels and prawns in the pot and cook

together in the oven on the middle shelf (approx. 20 minutes).

Step 8

In the meantime, chop the coriander and parsley, and pick the thyme leaves. Garnish with fresh herbs before serving.