KIKKOMAN

Spanish mussel and chorizo stew

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
1,966 kJ / 470 kcal

Fat: **25 g** Protein: **36 g**
Carbohydrates: **24 g**

INGREDIENTS

2 portion(s)

3 tbsp	olive oil
4 tbsp	sliced chorizo
1	onion
1 tbsp	minced garlic
0.5 tbsp	smoked paprika
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
400 g	chopped tomatoes
500 g	fresh mussels
1 handful	of chopped parsley
0.25	lemon

PREPARATION

Step 1

3 tbsp olive oil - **4 tbsp** sliced chorizo - **1** onion - **1 tbsp** minced garlic - **0.5 tbsp** smoked paprika - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce - **400 g** chopped tomatoes

Place a large pan over a medium-high heat, add olive oil and fry the chorizo for 2 minutes. Lower the heat, add the chopped onion and soften for 5 minutes. Then add garlic, smoked paprika, Kikkoman Soy Sauce and continue cooking for 2 more minutes. Be careful not to burn garlic. Then add chopped tomatoes, increase the heat to high and reduce all the liquid by ½.

Step 2

500 g fresh mussels - **1 handful** of chopped parsley - **0.25** lemon, halved

Stir in clean mussels into tomato sauce. Cover with lid and steam for about 3-5 minutes, until they are open. Finish with a handful of chopped parsley. Serve on a plate or in a bowl with lemon wedges to drizzle.