

Portuguese Fish Stew

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-fish-stew-recipe>

Ingredients:

- 3 plum tomatoes ripe
- 7 ounces savoy cabbage outer leaves removed
- 2 tablespoons extra-virgin olive oil
- 7 ounces chorizo sausage cooked or uncooked, skinned, and cut into chunks
- 2 pounds new potatoes peeled and cut into 1/2 inch dice
- 1/2 cup white wine
- 6 cups fish stock
- 2 pounds fish fillets mixed white, skinned and cut into 1-inch pieces
- extra virgin olive oil
- chopped cilantro

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 100 milligrams
4. Fat: 24 grams
5. Fiber: 4 grams
6. Protein: 46 grams
7. SaturatedFat: 6 grams
8. Sodium: 1330 milligrams
9. Sugar: 3 grams

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