

Mediterranean Paprika Seafood Stew

A vibrant, low-GI fish stew packed with vegetables and lean protein. This one-pot wonder delivers 3 servings of vegetables while keeping blood sugar stable.

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 4

GL 3.8 / GI 19

Ingredients

olive oil

onions, halved and thinly sliced

celery stalks, finely chopped

fresh flat-leaf parsley, leaves and stalks separated

paprika

roasted red peppers, drained and thickly sliced

canned chopped tomatoes with garlic

white fish fillet, cut into large chunks

optional fresh mussels, optional

Instructions

Step 1

Heat the olive oil in a large, deep skillet or Dutch oven over medium heat. Add the sliced onions and chopped celery along with a pinch of salt.

Step 2

Cover the pan and cook the vegetables gently for about 10 minutes, stirring occasionally, until they become soft and translucent but not browned.

Step 3

While the vegetables cook, separate the parsley leaves from the stalks. Place the parsley stalks and half of the leaves in a food processor with a splash of olive oil and a pinch of salt and pepper. Pulse until you have a smooth green paste. Set aside the remaining parsley leaves for garnish.

Step 4

Add the minced garlic to the softened onions and celery, stirring for 1 minute until fragrant. Then add the parsley paste and paprika. Stir well and cook for 2-3 minutes until the paprika releases its oils and the mixture becomes aromatic.

Step 5

Add the sliced roasted red peppers, canned tomatoes, and fish stock to the pan. Stir to combine, then let the mixture simmer uncovered for 10 minutes until the sauce thickens and reduces slightly. The sauce should be rich and concentrated.

Step 6

Arrange the white fish chunks and mussels (if using) on top of the tomato sauce. Cover the pan with a lid and simmer gently for 5-7 minutes until the fish is opaque and flakes easily, and the mussels have opened. Discard any mussels that remain closed.

Step 7

Gently fold the seafood into the sauce, being careful not to break up the fish too much. Taste and adjust seasoning with salt and pepper as needed.

Step 8

Serve the stew in deep bowls (approximately 1.5 cups per serving), garnished with the reserved fresh parsley leaves. For best blood sugar control, eat the vegetables and fish first before adding any grain accompaniment like a small portion (1/3 cup) of quinoa or cauliflower rice.