

# BEAN STEW WITH CLAMS AND CUTTLEFISH

07

## RECIPES EN-ROUTE



## INGREDIENTS



1 PERSON

- 120g of cooked fabes (Asturian white beans)
- 80g clams
- 30-40g cuttlefish
- 1 tablespoon tomato frito sauce
- 1/2 leek
- 2 garlic cloves
- 1 bay leaf
- 4 saffron strands
- 1/2 glass of white wine
- A little chopped parsley
- 600ml fish stock or, failing that, water
- A dash of olive oil
- Salt and black pepper

## STEPS TO FOLLOW

- 1 Soak the clams:**  
First, soak the clams to clean them, or buy them completely clean.
- 2 Sauté:**  
Chop the garlic and leek. Soften in oil with the bay leaf. Now add the cuttlefish, sauté, and add the clams. Add the dash of white wine, reduce, and add the spoonful of tomate frito sauce. Lightly fry and then add the fish stock, saffron and chopped parsley.
- 3 Simmer:**  
Add the cooked fabes, leave to simmer 15 mins, and it's ready. Season to taste.

If you want to make this recipe for more people, just multiply the quantities by the number of guests.

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ENROUTE

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