SPANISH · LUNCH · DINNER

Marmitako (Basque Tuna and Potato Stew)

60 min · Serves 2 · 719 kcal a serve · Video 3:45 · Spain on a Fork

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

Each serve has about 180 g of tuna for around 60 g of protein, plus selenium and vitamin B12, with potato, peppers and tomato for vitamin C and fibre and olive oil as the only fat.

Diet notes: Low saturated fat (4.3 g, 5% of the energy).

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Ingredients 15 · SERVES 2

- [ ] ¼ cup extra **virgin Spanish olive oil**
- [ ] 2 **garlic** cloves, finely minced
- [ ] ½ large **onion**, finely diced
- [ ] ½ **red bell pepper**, finely diced
- [ ] ½ **green bell pepper**, finely diced
- [ ] 1 large **Yukon Gold potato** (about 9 oz), cut into small cubes
- [ ] 1 cup diced **tomatoes**
- [ ] **sea salt** (about ½ tsp in all), for the stew and the tuna
- [ ] **freshly cracked black pepper**, to taste
- [ ] ½ tsp **dried thyme**
- [ ] ½ tsp **smoked paprika**
- [ ] ½ cup **white wine**
- [ ] 2½ cups **fish broth**
- [ ] 2 **fresh tuna fillets** (steaks, about ½ lb each), cut into ½-inch cubes
- [ ] a little **fresh parsley** (about 1 tbsp), to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mince the garlic, finely dice the onion and both peppers, and cut the potato into small cubes. 0:28
2. Heat the olive oil in a large pot over medium heat. Cook the onion and garlic for about 4 minutes until translucent, add the peppers for 5 minutes, then the potatoes for 2 minutes. 0:49
3. Stir in the diced tomatoes, salt, pepper, thyme and smoked paprika and cook for 2 minutes. 1:27
4. Turn the heat to high, add the white wine and let it bubble for about 4 minutes, then pour in the fish broth. Bring to a boil, cover and simmer on low for 20–25 minutes. 1:43
5. Season the tuna with salt and pepper and cut it into ½-inch cubes. Stir it into the stew, cover and cook for 10 minutes more. 2:10
6. Ladle into shallow bowls and garnish with fresh parsley. 2:58

> **Tip** Use firm tuna steaks and do not overcook them once added. Bonito is the traditional Basque fish; salmon also works. Easily doubled for 4.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
719 kcal	59 g	44 g
3,010 kJ	119% of a day	37 g net · 10 g sugars
		16% of a day

FIBRE	FAT	SODIUM
6.6 g	30 g	1,450 mg
23% of a day	4.3 g saturated	63% of a day
	38% of a day	

Energy from net carbs 23% · protein 36% · fat 41% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 711% · Selenium 307% · Vitamin B6 142% · Vitamin C 122% · Vitamin K 55% · Omega-3 49% · Vitamin E 42% · Potassium 40% · Magnesium 40% · Iron 28% · Folate 23% · Zinc 20%

Source of (10–19%) Vitamin A 18% · Vitamin D 18%

⚠ One serve has about 63% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=rkX-gZkcOks, published 2 February 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/marmitako-basque-tuna-stew