

# SHRIMP TOMATO STEW WITH LIMA BEANS

---



2 persons / 468 kcal per person

## Ingredients:

- 1 medium onion
- 8 grams of fresh parsley
- 190 grams of vine tomatoes
- 1 tablespoon olive oil
- 400 grams of diced tomatoes in a can
- ¼ teaspoon chili flakes
- ¼ teaspoon fennel seed
- 400 grams of canned lima beans
- 150 grams of garlic stir-fry shrimp
- 2 white little roll
- pepper and salt

## Preparation:

Chop the onion. Finely chop the parsley and cut the tomatoes each into 4 parts. Heat the oil in a frying pan and fry the onion over low heat for 3 minutes. Add the diced tomatoes, tomatoes, chili flakes, fennel seeds and of the parsley and bring to the boil. Put the lid on the pan and let it simmer on low heat for 10 minutes. Meanwhile, rinse the lima beans under cold running water and add to the tomato sauce with the shrimp. Stir and cook for about 4 more minutes until the shrimps are cooked. Season with salt and pepper and garnish with the rest of the parsley. Serve with a white little roll for dipping in the sauce.

# SHRIMP TOMATO STEW WITH LIMA BEANS

---

Nutritional value per person:

Energy:	468 kcal
Protein:	28.4 grams
Carbohydrates:	65.5 grams
- including sugars:	15.9 grams
Fat:	10.6 grams
Fiber:	11.6 grams
Salt:	1.5 grams