

Seafood Jambalaya

Prep time: 35 minutes

Cook time: 15-20 minutes

Serves: 4-6

*With permission from **Everyday Paleo**, by Sarah Fragoso*

1 lb. wild Alaskan cod fillets (or other wild-caught fish of your choice)

1 lb. medium shrimp, tails and shells removed and deveined

¼ cup coconut oil (or grass fed ghee)

4-5 carrots, peeled and cut into matchstick pieces

2 red bell peppers, thinly sliced

4 cloves garlic, minced

1 leek, diced

Sea salt to taste

1 tablespoon chili powder

½ teaspoon paprika

½ teaspoon black pepper

4 cups chicken broth

Hot sauce to taste (optional)

Make sure the fish and shrimp are thawed and drained. Pat the fish and shrimp dry with a paper towel; it will have a better texture after cooking if you do this. Cut the fish into bite-size pieces. Set aside with shrimp. Melt the coconut oil (or ghee) in a large soup pot and sauté the carrots for about 4 minutes, stirring occasionally. Add the bell peppers, leeks, and garlic, and cook for another 3-4 minutes. Add all the spices and the chicken broth and bring to a boil, stirring occasionally. Add in the fish and shrimp and simmer until the fish begins to flake and the shrimp turn pink and float. Add the hot sauce and stir. Taste and add more seasoning or hot sauce if desired. Serve in bowls immediately.



Don't let a Paleo recipe scare you off – this is an exceptional soup! The coconut oil gives the broth a delicious flavor.

This will become your go-to meal. For variety, change it up with different veggies or seafood.

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