

## How to Make a Mediterranean-Style Spicy Seafood Stew (No Wine Needed!)

When you're craving something



**TIME**  
**30 min**

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### INGREDIENTS

Main Ingredients:

1 lb mixed seafood (shrimp, scallops, and squid)

2 tbsp olive oil

1 large onion, chopped

3 garlic cloves, minced

1 red bell pepper, diced

1 can (14.5 oz) diced tomatoes

2 cups fish broth (or seafood stock)

1 tbsp tomato paste

Spices:

1 tsp red pepper flakes (adjust to taste)

$\frac{1}{2}$  tsp smoked paprika

$\frac{1}{2}$  tsp dried thyme

Salt & black pepper to taste

Finishing Touches:

... cup chopped fresh parsley

Juice of 1 lemon

### DIRECTIONS

- 1. SautØ the Base:** Heat the olive oil in a large pot over medium heat. Add the onion, garlic, and bell pepper, sautØing for about 5 minutes or until the onion becomes translucent.
- 2. Build the Broth:** Stir in the diced tomatoes, fish broth, tomato paste, red pepper flakes, smoked paprika, and thyme. Bring the stew to a light simmer.
- 3. Add the Seafood:** Drop in your mixed seafood, stirring gently. Simmer for 5-7 minutes until shrimp are pink and scallops are opaque.
- 4. Finish and Garnish:** Season to taste with salt and pepper. Stir in lemon juice and fresh parsley just before serving.

### SWAPS & NOTES

Use vegetable broth or chicken broth with a splash of lemon for brightness.

Dial down the red pepper flakes or replace with mild smoked paprika.

Add depth: A splash of Worcestershire or anchovy paste can deepen umami without adding fishiness.

Make it a meal: Add small red potatoes or a handful of cooked white beans for extra substance. ?

