

Cold Paella Salad

READY IN



80 min.

SERVINGS



8

CALORIES



566 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups chicken stock see
- ☐ 0.3 cup chives minced
- ☐ 0.5 pound chorizo sliced
- ☐ 3 tablespoons parsley leaves fresh finely chopped
- ☐ 1 teaspoon rosemary leaves fresh finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 5 cloves garlic smashed roughly chopped
- ☐ 1 bell pepper diced green cored
- ☐ 8 servings kosher salt and pepper black freshly ground

- ☐ 1 pound mussels cleaned
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.8 cup peas frozen thawed
- ☐ 1 bell pepper diced red cored
- ☐ 0.5 onion diced red
- ☐ 2 cups rice
- ☐ 0.5 teaspoon saffron threads
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 0.3 cup sherry vinegar
- ☐ 1 pound shrimp peeled
- ☐ 1 tablespoon tomato paste
- ☐ 2.5 pounds meat from a rotisserie chicken whole cut into 8 pieces

Equipment

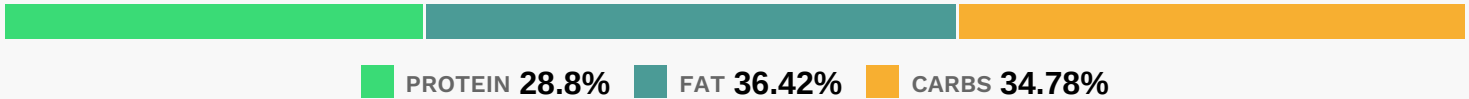
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Season chicken pieces generously with salt and pepper.
- ☐ Add oil to a large, heavy, oven-safe skillet and heat over high heat. When oil is almost smoking, carefully add chicken to pan and sear until almost cooked through; remove chicken from pan and set aside.
- ☐ Add shrimp to oil and sear until almost done; remove shrimp from pan and set aside.
- ☐ Add more oil if needed, reduce the heat to medium, and then saute the onions and garlic until translucent, about 5 minutes; do not let onions and garlic brown.
- ☐ Add bell peppers and cook until softened, about 4 minutes.

- ☐ Add saffron and cook until fragrant, about 1 minute.
- ☐ Add chorizo and brown for 2 minutes.
- ☐ Add tomato paste and cook for about 5 minutes.
- ☐ Add rice, and stir until the rice is well coated, about 1 minute.
- ☐ Add stock, return the chicken and shrimp to the pan, and add mussels and peas.
- ☐ Transfer skillet to the oven and bake for 25 to 30 minutes.
- ☐ Remove from oven and drizzle vinaigrette over. Refrigerate and serve chilled or at room temperature. If serving at room temperature, refrigerate until 30 minutes before serving and then bring to room temperature.
- ☐ Put chopped herbs in a medium bowl.
- ☐ Add garlic and vinegar. Season, to taste, with salt and pepper.
- ☐ Whisk in olive oil until combined. Set aside until paella is ready.

Nutrition Facts



Properties

Glycemic Index:71.06, Glycemic Load:24.14, Inflammation Score:-8, Nutrition Score:26.311738934206%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 565.62kcal (28.28%), Fat: 22.39g (34.45%), Saturated Fat: 6.53g (40.79%), Carbohydrates: 48.1g (16.03%), Net Carbohydrates: 45.77g (16.64%), Sugar: 4.3g (4.78%), Cholesterol: 171.73mg (57.24%), Sodium: 391.86mg (17.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.84g (79.67%), Manganese: 1.71mg (85.47%), Vitamin B12: 3.68µg (61.35%), Vitamin C: 44.69mg (54.17%), Selenium: 33.21µg (47.44%), Vitamin B3: 8.35mg (41.73%), Phosphorus: 396.01mg (39.6%), Vitamin K: 36.06µg (34.34%), Vitamin B6: 0.55mg (27.66%), Copper: 0.51mg (25.53%), Vitamin A: 1084.3IU (21.69%), Iron: 3.84mg (21.32%), Zinc: 3.1mg (20.64%), Potassium: 700.23mg (20.01%), Vitamin B2: 0.31mg (18.42%), Magnesium: 71.59mg (17.9%), Vitamin B1: 0.23mg (15.12%), Vitamin B5: 1.35mg (13.5%), Folate: 48.37µg (12.09%), Fiber: 2.33g (9.34%), Calcium: 85.9mg (8.59%), Vitamin E:

1.25mg (8.35%)