



Frying Pan Paella Mixta (Paella with Seafood and Meat)

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 1 medium garlic clove finely chopped
- 0.8 teaspoon kosher salt plus more for seasoning the shrimp and chicken
- 1 medium optional: lemon for serving cut into 8 wedges,
- 2.7 cups chicken broth low-sodium
- 1 tablespoons olive oil as needed
- 0.7 cup onion yellow (from)

- 0.8 teaspoon paprika smoked spanish (pimentón dulce)
- 1 tablespoon parsley fresh italian coarsely chopped
- 10 ounces rice
- 1 pinch saffron threads
- 9 ounces shrimp deveined peeled
- 8 ounces chicken thighs boneless skinless cut into 1-inch pieces
- 6 ounces chorizo spanish cut into 1/4-inch-thick rounds
- 6 ounces tomatoes ripe

Equipment

- bowl
- frying pan
- oven
- wire rack
- aluminum foil
- slotted spoon
- tongs
- box grater

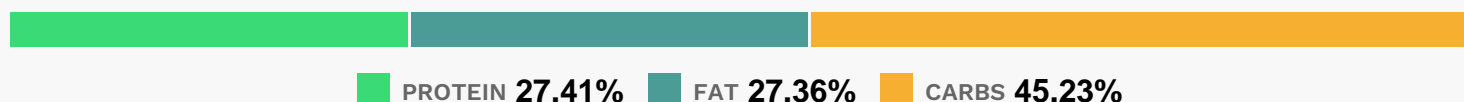
Directions

- Heat the oven to 400°F and arrange a rack in the middle. Core and halve the tomato. Grate the flesh side of each half on the large holes of a box grater set over a medium bowl, stopping when you get to the skin. Discard the skins. You should have about 1/2 cup of tomato pulp and juice; set aside.
- Place the shrimp in a small bowl, add 1/4 teaspoon of the paprika, and season with salt and pepper. Toss to combine, then refrigerate.
- Place the chicken in a medium bowl and season generously with salt and pepper; set aside.
- Place a large 12-inch oven-safe frying pan over medium-high heat until hot, about 3 minutes.
- Add the chorizo to the pan and cook, stirring occasionally, until it has started to brown and the fat has rendered, about 2 to 3 minutes. Using tongs or a slotted spoon, transfer to a large

bowl; set aside. There should be a thin layer of rendered fat in the pan. If there's not enough, add 1 to 2 tablespoons of olive oil.

- Add the seasoned chicken to the pan in a single layer and sear, stirring occasionally, until both sides are golden brown, about 6 minutes total. Using tongs or a slotted spoon, transfer the chicken to the bowl with the chorizo; set aside. Reduce the heat to medium.
- Add the onion, season with salt and pepper, and cook, stirring occasionally, until softened, about 4 minutes.
- Add the garlic, remaining 1/2 teaspoon paprika, and saffron, stir to combine, and cook until fragrant, about 30 seconds.
- Add the reserved tomato pulp and juice and cook until the mixture has slightly darkened in color, scraping up any browned bits from the bottom of the pan, about 2 minutes.
- Add the rice and measured salt and stir to coat in the tomato mixture. Increase the heat to medium high.
- Add the broth and stir to combine. Arrange the rice mixture in an even layer. Distribute the reserved chorizo and chicken over the rice, adding any accumulated juices from the bowl. (Do not stir the rice from this point on.) Bring to a lively simmer and continue to simmer, adjusting the heat as necessary, until the rice grains have swelled, most of the liquid has been absorbed, and the rice starts to make a crackling sound, about 10 minutes.
- Remove the pan from the heat. Arrange the reserved shrimp and the shellfish (hinge-side down) in the rice, nestling them slightly.
- Place the pan in the oven and bake until the shellfish have opened, the shrimp are just cooked through, and the rice is tender but still al dente, about 10 to 12 minutes.
- Remove the pan from the oven and place on a wire rack. Cover with foil and let stand for 5 minutes. Before serving the paella, discard any unopened shellfish and sprinkle the dish with the parsley.
- Serve with the lemon wedges.

Nutrition Facts



Properties

Glycemic Index:59.78, Glycemic Load:23.77, Inflammation Score:-5, Nutrition Score:12.412608747897%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 391.39kcal (19.57%), Fat: 11.8g (18.15%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 41.98g (15.27%), Sugar: 2.18g (2.42%), Cholesterol: 122.09mg (40.7%), Sodium: 412.24mg (17.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.59g (53.18%), Manganese: 0.62mg (31.2%), Phosphorus: 264.45mg (26.44%), Selenium: 15.93µg (22.76%), Vitamin B3: 4.55mg (22.75%), Vitamin C: 15.79mg (19.14%), Copper: 0.38mg (19.05%), Vitamin B6: 0.33mg (16.36%), Vitamin K: 16.17µg (15.4%), Potassium: 480.35mg (13.72%), Zinc: 1.88mg (12.53%), Iron: 2.02mg (11.22%), Magnesium: 43.88mg (10.97%), Vitamin A: 530.72IU (10.61%), Vitamin B5: 1.03mg (10.27%), Vitamin B2: 0.14mg (8.22%), Fiber: 1.91g (7.62%), Vitamin B1: 0.1mg (6.37%), Calcium: 62.7mg (6.27%), Vitamin B12: 0.35µg (5.78%), Vitamin E: 0.72mg (4.79%), Folate: 16.08µg (4.02%)