



Grilled Seafood and Chorizo Paella



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arborio rice spanish
- ☐ 9 cups chicken broth divided
- ☐ 2 cups wine dry white
- ☐ 1 leaf flat parsley coarsely chopped
- ☐ 2 tablespoons garlic minced
- ☐ 2 teaspoons kosher salt
- ☐ 24 small littleneck clams scrubbed
- ☐ 24 mussels scrubbed

- ☐ 7 tablespoons olive oil divided
- ☐ 1 medium onion chopped
- ☐ 5 teaspoons paprika smoked sweet spanish (pimentón dulce)
- ☐ 1 bell pepper green red chopped
- ☐ 1 teaspoon saffron threads
- ☐ 0.8 pound shrimp with tails left on deveined peeled per lb.),
- ☐ 1.3 pounds chorizo spanish cut into thin diagonal slices
- ☐ 2 pounds tomatoes ripe cut in half
- ☐ 12 servings frangelico
- ☐ 12 servings frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ wooden spoon
- ☐ grill
- ☐ stove
- ☐ slotted spoon
- ☐ oven mitt

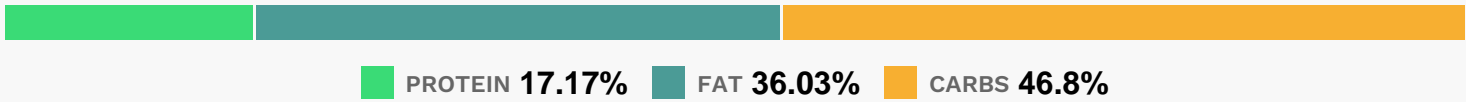
Directions

- ☐ Coarsely grate tomatoes into a bowl and discard skins. Put onion and bell peppers in another bowl. Measure garlic, paprika, and salt into a small bowl. Put rice in a bowl, seafood in another, and chorizo in a third.
- ☐ Heat a grill to medium (350 to 450). Meanwhile, toast saffron in a large saucepan over medium heat on a stove, stirring, until fragrant, about 2 minutes.
- ☐ Add 6 cups broth and the wine, cover, and bring to a boil over high heat. In a small covered saucepan, bring remaining 3 cups broth to a boil. Carry all ingredients, a 17- to 18-in. paella

pan, a long-handled wooden spoon, a slotted spoon, and oven mitts to the grill.

- ☐ For charcoal, add 15 briquets to fire just before cooking and cook with lid off until step For gas, keep lid closed as you cook.
- ☐ Heat paella pan on grill.
- ☐ Add 3 tbsp. oil, then chorizo, and brown the sausage, stirring, about 5 minutes. Using slotted spoon, transfer chorizo back to bowl.
- ☐ Saut onion and peppers in pan until onion is softened, about 5 minutes. Stir in tomatoes and cook, stirring often, until liquid evaporates and paste turns a shade darker, 10 to 12 minutes. Stir in remaining 1/4 cup oil and the garlic mixture; cook, stirring, 30 seconds. Stir in rice until evenly coated, then pat out level.
- ☐ Carefully pour hot saffron liquid over rice and scatter chorizo on top. Check to be sure grill and liquid in pan are level. If needed, reduce gas or airflow in vents on lid and at base of grill (for charcoal grill) to maintain a steady simmer. Cook 12 minutes.
- ☐ Pour enough hot plain broth over paella so rice is just covered in liquid (you may not use it all). Arrange mussels around rim of pan, almost touching, pushing them into liquid. Arrange any remaining mussels, the clams, and then the shrimp over paella in liquid.
- ☐ Cover grill and cook paella until clams and mussels open (discard any that are unopened) and rice is al punto (al dente), another 6 to 10 minutes. Carefully remove paella from grill and set on a heatproof spot. Drape with paper towels and let stand about 5 minutes.
- ☐ Sprinkle with parsley and serve with Allioli.
- ☐ *Find paella pans at kitchenware stores or online. Look for Spanish paprika, rice, and chorizo (not soft Mexican-style chorizo) in well-stocked grocery stores or online.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:43.36, Inflammation Score:-9, Nutrition Score:20.791738986969%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg

Apigenin: 0.19mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 553.34kcal (27.67%), Fat: 20.68g (31.81%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 60.44g (20.15%), Net Carbohydrates: 57.02g (20.73%), Sugar: 3.86g (4.29%), Cholesterol: 84.08mg (28.03%), Sodium: 1131.99mg (49.22%), Alcohol: 4.12g (100%), Alcohol %: 1.08% (100%), Protein: 22.18g (44.35%), Manganese: 1.53mg (76.74%), Folate: 176.05µg (44.01%), Vitamin B12: 2.3µg (38.31%), Vitamin B1: 0.49mg (32.37%), Iron: 5.31mg (29.5%), Selenium: 19.24µg (27.48%), Vitamin A: 1290.73IU (25.81%), Vitamin C: 20.85mg (25.28%), Phosphorus: 203.26mg (20.33%), Vitamin B3: 4.04mg (20.22%), Copper: 0.36mg (18.04%), Fiber: 3.42g (13.68%), Vitamin E: 2.05mg (13.64%), Potassium: 474.12mg (13.55%), Vitamin B6: 0.27mg (13.53%), Vitamin K: 13.9µg (13.24%), Magnesium: 49.19mg (12.3%), Vitamin B2: 0.21mg (12.28%), Zinc: 1.77mg (11.8%), Vitamin B5: 1.1mg (10.95%), Calcium: 51.52mg (5.15%)