



Make-Ahead Paella Casserole

READY IN



80 min.

SERVINGS



4

CALORIES



1275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 tablespoons butter softened
- 3 cups chicken stock see
- 1 pound center-cut fillet sustainable cod black thick
- 0.5 cup cooking sherry dry
- 5 tablespoons evoo
- 4 servings flour such as wondra, for dredging instant all-purpose
- 0.5 cup flat-leaf parsley fresh roughly chopped
- 2 tablespoons thyme leaves fresh chopped
- 3 cloves garlic chopped

- 4 servings kosher salt and pepper freshly ground
- 1 optional: lemon
- 1 onion chopped
- 0.5 cup orzo pasta thin
- 1 cup peas frozen thawed
- 2 roasted bell peppers red chopped
- 1 pinch saffron threads generous
- 4 servings seafood seasoning such as old bay
- 1 pound shrimp deveined peeled
- 4 chicken thighs boneless skinless trimmed
- 8 ounces chorizo spanish chopped
- 1.5 teaspoons paprika smoked sweet
- 1.5 cups rice long-grain white

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- casserole dish
- wooden spoon
- dutch oven

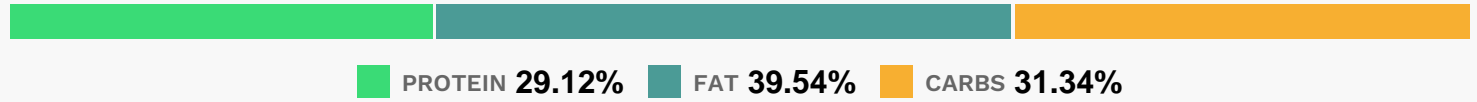
Directions

- Watch how to make this recipe.
- Cook's Note: To roast bell peppers, arrange them on a baking sheet and broil, turning occasionally, until the skins are blackened.

- Transfer the peppers to a bowl, cover and let cool. Peel and seed the peppers. Preheat the oven to 400 degrees F. Butter a casserole dish with 2 tablespoons butter.
- Heat 2 tablespoons butter in a medium saucepan over medium heat.
- Add the pasta and toast until golden. Stir in the rice and saffron.
- Add 3 cups stock and bring to boil. Reduce the heat to a simmer, cover and cook until al dente, about 17 minutes.
- Add an extra 1/2 cup water if the liquid evaporates before the rice is tender. Meanwhile, season some flour with the paprika in a shallow dish.
- Sprinkle the chicken with salt and pepper, then dredge in the flour and shake off the excess.
- Heat 3 tablespoons EVOO in a large skillet or Dutch oven over medium-high heat.
- Add the chicken and cook until browned and crisp on both sides, 12 to 15 minutes.
- Transfer the chicken to a paper towel-lined plate to rest.
- Add 1 tablespoon EVOO to the skillet, then add the chorizo and cook until the fat begins to render, about 2 minutes.
- Add the garlic and onions and cook until soft, about 5 minutes. Deglaze with a splash of sherry, stirring and scraping up any browned bits from the bottom of the skillet with a wooden spoon. Stir in the peas, thyme and roasted peppers and immediately remove from the heat. Slice the chicken and combine with the rice mixture and chorizo-pepper mixture.
- Transfer to the prepared casserole dish.
- Bake until heated through and the bottom is crisp, 30 to 40 minutes.
- Add a splash of stock, about 1/2 cup, if the top of the casserole dries out too much. Meanwhile, cover the fish with about 1/2 cup kosher salt and let stand for 10 minutes. Rinse and pat dry. Season some flour with seafood seasoning in a small dish. Lightly dredge the fish in the flour and shake off the excess.
- Heat the remaining 1 tablespoon EVOO in a skillet over medium-high heat.
- Add the fish and cook until firm and opaque, 5 to 6 minutes, turning once.
- Transfer the fish to a plate.
- Add the shrimp to the skillet and cook until pink, 4 to 5 minutes.
- Add the lemon juice and 1/2 cup sherry, then swirl in the remaining 1 tablespoon butter until melted.

Add the parsley. Flake the fish into pieces. Top the casserole with the fish, shrimp and sherry sauce. Divide among plates. Cook's Notes: Always buy seafood within 24 hours of serving. Quick-salting cod with salt is a technique of NYC chef George Mendez. It gives the fish a firmer texture and more pronounced flavor. The casserole can be covered and refrigerated before baking for a make-ahead meal.

Nutrition Facts



Properties

Glycemic Index:140, Glycemic Load:46.16, Inflammation Score:-10, Nutrition Score:47.226521823717%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 16.27mg, Apigenin: 16.27mg, Apigenin: 16.27mg, Apigenin: 16.27mg Luteolin: 2.2mg, Luteolin: 2.2mg, Luteolin: 2.2mg, Luteolin: 2.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 1274.9kcal (63.74%), Fat: 54.5g (83.84%), Saturated Fat: 18.83g (117.71%), Carbohydrates: 97.16g (32.39%), Net Carbohydrates: 90.67g (32.97%), Sugar: 7.87g (8.74%), Cholesterol: 417.14mg (139.05%), Sodium: 1130.31mg (49.14%), Alcohol: 3.09g (100%), Alcohol %: 0.45% (100%), Protein: 90.31g (180.62%), Vitamin K: 164.59µg (156.75%), Selenium: 93.58µg (133.68%), Phosphorus: 938.15mg (93.82%), Manganese: 1.57mg (78.51%), Vitamin B3: 14.64mg (73.18%), Vitamin C: 57.48mg (69.67%), Vitamin B6: 1.29mg (64.4%), Copper: 1.02mg (51.14%), Potassium: 1684.64mg (48.13%), Vitamin A: 2318.1IU (46.36%), Magnesium: 176.12mg (44.03%), Iron: 7.61mg (42.27%), Zinc: 5.94mg (39.57%), Vitamin B2: 0.63mg (36.77%), Vitamin B1: 0.52mg (34.83%), Vitamin B12: 1.78µg (29.75%), Vitamin E: 4.41mg (29.38%), Fiber: 6.49g (25.96%), Vitamin B5: 2.59mg (25.86%), Folate: 95.83µg (23.96%), Calcium: 218.21mg (21.82%), Vitamin D: 1.02µg (6.8%)