



Paella Burgers and Spanish Fries with Pimiento Mayonnaise

READY IN



40 min.

SERVINGS



4

CALORIES



1211 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 pound chorizo peeled cut into 4 3-inch pieces, butterfly each piece*
- ☐ 1 cup flat-leaf parsley divided
- ☐ 7 cloves garlic divided finely chopped
- ☐ 2.5 tablespoons grill seasoning divided recommended: Montreal Steak Seasoning by McCormick
- ☐ 1.5 pounds ground chicken breast
- ☐ 4 teaspoons hot sauce divided
- ☐ 2 lemon zest cut into wedges after zesting

- ☐ 1 cup mayonnaise
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 0.3 cup onion chopped
- ☐ 1 cup pimiento peppers jarred canned drained well
- ☐ 4 jumbo prawns deveined peeled per pound, and and butterflied*
- ☐ 2 cups romaine lettuce chopped
- ☐ 4 servings salt
- ☐ 4 roll may also be substituted here sweet split rectangular slightly crusty rolls
- ☐ 4 teaspoons paprika sweet divided
- ☐ 1 package to 18 ounces crispy frozen extra style
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Equipment

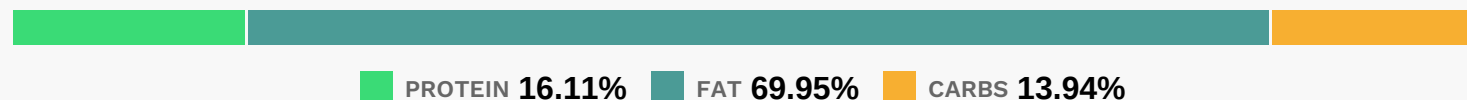
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ spatula

Directions

- ☐ Preheat oven to temperature on back of sack of fries and scatter them across a thin nonstick cookie sheet in a single layer. Cook fries according to package directions.
- ☐ Preheat a large griddle or nonstick skillet over medium-high to high heat.
- ☐ Place chicken in a bowl. Separate out a handful of the parsley leaves and leave them whole. Chop the remaining and take half of the chopped parsley and place it in the bowl with the chicken.
- ☐ Add 3 cloves of the chopped garlic, a little less than half the total amount. Next, add 2 teaspoons or a palm full of paprika, about 2 teaspoon hot sauce and the zest of 1 lemon.

- Measure out a palm full then half again of the grill seasoning and add that to the chicken.
- ☐ Pour a healthy drizzle of extra-virgin olive oil around the inside of the bowl using a spatula.
 - ☐ Mix the chicken and form 4 patties. Wash up and add the patties to the grill. Cook 5 minutes on each side.
 - ☐ Place the chorizo above or alongside burgers. Try to weight the chorizo down to keep it from curling up by topping a plate or small skillet on the sausage and adding something heavy from your pantry like canned goods to weight it down. Cook sausage just 2 or 3 minutes on each side. It is already fully cooked, you're just crisping the edges and heating it through.
 - ☐ Place the pimiento peppers and mayonnaise in a food processor and add the whole parsley leaves, the chopped onion, the zest of a lemon, 2 teaspoons hot sauce and a few pinches of salt. Turn the processor on and grind until the dressing is smooth and even.
 - ☐ Squeeze a little lemon juice over the shrimp or prawns, about 1 tablespoon then season them with a little coarse salt and drizzle them with EVOO. Grill the butterflied shrimp or prawns alongside the burgers, 2 minutes on each side, weighting them as you did the chorizo.
 - ☐ Remove the patties and shrimp and add to the chorizo loosely tenting to keep warm.
 - ☐ Drizzle rolls with extra-virgin olive oil and place cut side down on grill. Weight the rolls down and press to toast and char them on both sides.
 - ☐ Melt butter together with remaining 4 cloves chopped garlic and 2 teaspoons sweet paprika over low heat until garlic sizzles in butter.
 - ☐ Remove the fries from the oven and place in a large bowl.
 - ☐ Add the chopped parsley to the bowl and pour the melted garlic butter over the fries then season with salt to your taste.
 - ☐ Add chopped lettuce to roll bottoms then top with chorizo, chicken patty and shrimp. Slather the bun top with pimiento mayonnaise and set in place.
 - ☐ Serve extra mayonnaise with fries for dipping.

Nutrition Facts



Properties

Glycemic Index:78.75, Glycemic Load:24.13, Inflammation Score:-10, Nutrition Score:35.616086959839%

Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 1210.65kcal (60.53%), Fat: 94.35g (145.16%), Saturated Fat: 23.06g (144.1%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 38.03g (13.83%), Sugar: 6.89g (7.66%), Cholesterol: 243.92mg (81.31%), Sodium: 1144.86mg (49.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.9g (97.79%), Vitamin K: 396.61µg (377.73%), Vitamin A: 5009.1IU (100.18%), Iron: 16.13mg (89.63%), Vitamin C: 60.4mg (73.21%), Vitamin B6: 1.15mg (57.72%), Vitamin B3: 10.28mg (51.41%), Phosphorus: 383.94mg (38.39%), Vitamin E: 5.47mg (36.47%), Potassium: 1243.45mg (35.53%), Vitamin B2: 0.51mg (29.91%), Selenium: 19.97µg (28.54%), Manganese: 0.45mg (22.33%), Vitamin B5: 2.2mg (22.03%), Zinc: 3.25mg (21.64%), Vitamin B1: 0.27mg (18.27%), Folate: 70.42µg (17.6%), Vitamin B12: 1.04µg (17.29%), Fiber: 4.28g (17.11%), Magnesium: 66.63mg (16.66%), Copper: 0.28mg (13.87%), Calcium: 108.06mg (10.81%)