

DINNER

Spanish Style Paella

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
690 min	20 min	670 min	10	\$4.87	1,463 kcal



You can never have too many European recipes, so give Spanish Style Paellan a try. This recipe serves 10. One portion of this dish contains around 70g of protein, 76g of fat, and a total of 1892 calories. For \$4.87 per serving, this recipe covers 41% of your daily requirements of vitamins and minera...

Ingredients

- ☐ 2 bay leaves
- ☐ 2 carrots, finely minced
- ☐ 2 celery stalks, roughly cut
- ☐ 7 chicken breasts, seasoned to taste with paprika, salt and pepper on both sides with paprika, salt and pepper on both sides,
- ☐ 1 bulb garlic
- ☐ 6 ham hocks
- ☐ 10 servings Freshly ground black pepper
- ☐ 2 carrots, roughly chopped
- ☐ 2 celery stalks, finely minced
- ☐ 64 ounce cartons chicken stock
- ☐ 10 cloves garlic, minced
- ☐ ½ cup olive oil

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| ☐ 1½ cups olive oil | ☐ 1 onion, finely chopped |
| ☐ 2 roughly cut onions | ☐ 2 tablespoons paprika |
| ☐ 6 cups arborrio rice/risotto | ☐ 10 servings Grey Salt |
| ☐ 1 pound dried sausage, roughly chopped | ☐ 8 mild Italian sausages, roughly chopped into 1-inch rounds |
| ☐ 20 peeled, iced uncooked shrimp seasoned to taste with paprika, salt and pepper | ☐ 2 tablespoons tomato paste |
| ☐ 16 ounce tomato puree
canned | ☐ 4 cups water |
| ☐ 3 cups white wine | |

EQUIPMENT Frying pan, Ladle, Pot, Wooden spoon, Slotted spoon

Method

- 1 In a large paella pan over medium heat, add olive oil and then fresh sausage.
- 2 Saute for about 5 to 8 minutes, or until sausage is well browned.
- 3 Add chicken and dried sausage to pan and saute 5 to 8 minutes, or until chicken starts to brown.
- 4 Add the shrimp and saute just until the shrimp begin to turn red and curl, about 2 to 3 minutes.
- 5 Remove all meats from paella pan, using a slotted spoon, and place them on cookie tray to cool.
- 6 In the now empty paella pan, sweat the carrots, onions, and celery for about 15 minutes.
- 7 Add garlic and saute with vegetables for another 2 minutes.
- 8 Add the risotto rice, stir and saute until the grains are a pearly white.
- 9 Add white wine, and allow to cook down until almost completely gone. Then begin to add broth, about 2 ladles at a time, every 7 to 8 minutes until 35 to 40 minutes have passed, or until broth is fully incorporated into rice and vegetables and rice is tender but al dente.
- 10 Stir meat and seafood back in before serving.
- 11 pinch saffron
- 12 Preheat a large sauce pot over medium-high heat.

- 13 Add ham hocks and olive oil. Allow to caramelize, both sides, for about 10 to 20 minutes.
- 14 Add carrots, onions and celery, stir in thoroughly. Slice bulb of garlic in half. With wooden spoon, push mixture aside to create room at bottom of pot for caramelizing the garlic.
- 15 Place each side of the garlic into pot, garlic side down. Leave to caramelize for about 10 minutes.
- 16 Mix in paprika, tomato paste, tomato puree, chicken stock, bay leaves, and water. Allow to simmer for another 45 minutes.
- 17 Skim off any fat that has formed and add saffron. Allow to simmer for another 30 minutes. Strain and refrigerate to cool.

Nutrition per serving

1,463
KCAL

62 g
PROTEIN

75 g
FAT

115 g
CARBS

Saturated Fat	24.8 g · 155% of daily needs
Fibre	6.2 g · 25% of daily needs
Sugar	8.7 g · 10% of daily needs
Sodium	2,814 mg · 122% of daily needs
Cholesterol	217 mg · 72% of daily needs
Vitamin C	12.3 mg · 15% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/spanish-style-paella-147830