



WHATSheATE



Spicy clam & pork paella



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp olive oil
- ☐ 400 g fatty pork cut into chunks
- ☐ 2 garlic clove sliced
- ☐ 1 onion finely chopped
- ☐ 200 g chorizo sausage cut cut into small pieces
- ☐ 400 g rice
- ☐ 1 tbsp paprika smoked (see know-how below)
- ☐ 400 g cherry tomatoes canned

- ☐ 1l vegetable stock hot
- ☐ 200 g baby spinach
- ☐ 200 g bottled clam juice cleaned

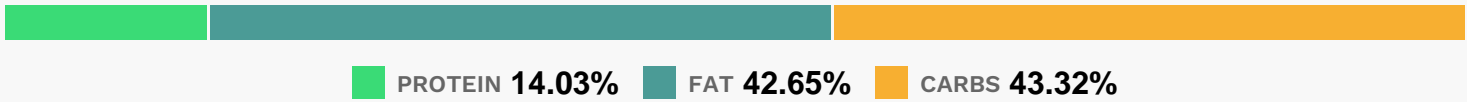
Equipment

- ☐ frying pan
- ☐ sieve

Directions

- ☐ Heat half the olive oil in a paella pan or a large frying pan. Tip in the pork and cook for about 5 mins until lightly browned, but not cooked through.
- ☐ Remove from the pan, then set aside on a plate.
- ☐ Pour the remaining olive oil into the pan, then add in the onion, garlic and chorizo. Cook for about 5 mins until the onion is softened and the chorizo is starting to crisp and give off its oil.
- ☐ Add the rice and paprika to the pan, then stir around for 1-2 mins until all the grains of rice are well coated. Can be prepared up to this point 1 day in advance and stored in the fridge.
- ☐ Pour the tomatoes and any juices into the pan along with the pork and 900ml of the vegetable stock. Bring to the boil, reduce the heat, then let it gently simmer for about 20 mins until the rice is nearly soft.
- ☐ Place the spinach in a sieve, then pour over a kettle of boiling water so the leaves are just wilted. Arrange the spinach leaves in the pan along with the clams.
- ☐ Pour over the remaining 100ml vegetable stock, then cook for another 10 mins. By this time the clams should have opened (discard any that havent) and the rice should be tender.
- ☐ Serve straight away from the pan.

Nutrition Facts



Properties

Glycemic Index:35.03, Glycemic Load:33.69, Inflammation Score:-10, Nutrition Score:27.59826081732%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 610.98kcal (30.55%), Fat: 28.71g (44.17%), Saturated Fat: 9.41g (58.79%), Carbohydrates: 65.63g (21.88%), Net Carbohydrates: 62.69g (22.79%), Sugar: 5.3g (5.89%), Cholesterol: 71.52mg (23.84%), Sodium: 859.41mg (37.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.25g (42.49%), Vitamin K: 169.58µg (161.5%), Vitamin A: 4601.67IU (92.03%), Manganese: 1.17mg (58.53%), Vitamin C: 34.43mg (41.73%), Vitamin B1: 0.61mg (40.4%), Selenium: 27.57µg (39.39%), Vitamin B6: 0.56mg (28.1%), Phosphorus: 242.51mg (24.25%), Vitamin B3: 4.78mg (23.89%), Folate: 88.75µg (22.19%), Potassium: 686.47mg (19.61%), Vitamin E: 2.85mg (18.99%), Iron: 3.24mg (18.02%), Zinc: 2.58mg (17.22%), Vitamin B2: 0.29mg (17.14%), Magnesium: 67.49mg (16.87%), Copper: 0.3mg (14.91%), Vitamin B5: 1.31mg (13.14%), Fiber: 2.94g (11.76%), Calcium: 86.51mg (8.65%), Vitamin B12: 0.48µg (7.94%)