



The Ultimate Paella

READY IN



150 min.

SERVINGS



6

CALORIES



977 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce canned tomatoes whole drained canned
- ☐ 3 pound frying chicken cut into 10 pieces
- ☐ 2 chorizo sausage cut spanish sliced
- ☐ 1 Bunch flat-leaf parsley leaves chopped for garnish
- ☐ 4 garlic cloves crushed
- ☐ 1 pound shrimp peeled
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 6 servings lemon wedges for serving
- ☐ 12 littleneck clams scrubbed

- ☐ 2 lobster tail pieces
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion diced spanish
- ☐ 2 teaspoons oregano
- ☐ 0.5 cup peas sweet frozen thawed
- ☐ 1 pinch saffron threads generous
- ☐ 4 cups short grain rice spanish
- ☐ 1 tablespoon paprika smoked sweet
- ☐ 6 cups water

Equipment

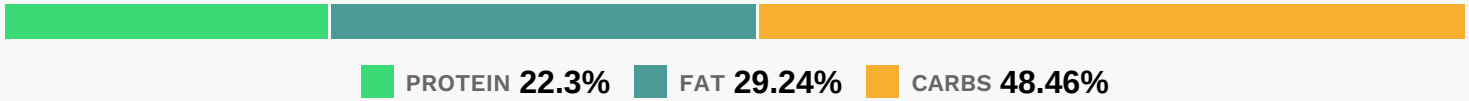
- ☐ bowl
- ☐ frying pan
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Large paella pan or wide shallow skillet
- ☐ Combine the paprika and oregano in a small bowl. Rub the spice mix all over the chicken and marinate chicken for 1 hour in the refrigerator.
- ☐ Heat oil in a paella pan over medium-high heat.
- ☐ Saute the chorizo until browned, remove and reserve.
- ☐ Add chicken skin-side down and brown on all sides, turning with tongs.
- ☐ Add salt and freshly ground pepper.
- ☐ Remove from pan and reserve.
- ☐ In the same pan, make a sofrito by sauteing the onions, garlic, and parsley. Cook for 2 or 3 minutes on a medium heat. Then, add tomatoes and cook until the mixture caramelizes a bit and the flavors meld. Fold in the rice and stir-fry to coat the grains.
- ☐ Pour in water and simmer for 10 minutes, gently moving the pan around so the rice cooks evenly and absorbs the liquid.

- ☐ Add chicken, chorizo, and saffron.
- ☐ Add the clams and shrimp, tucking them into the rice. The shrimp will take about 8 minutes to cook. Give the paella a good shake and let it simmer, without stirring, until the rice is al dente, for about 15 minutes. During the last 5 minutes of cooking, when the rice is filling the pan, add the lobster tails. When the paella is cooked and the rice looks fluffy and moist, turn the heat up for 40 seconds until you can smell the rice toast at the bottom, then it's perfect.
- ☐ Remove from heat and rest for 5 minutes.
- ☐ Garnish with peas, parsley and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:65.97, Glycemic Load:86.15, Inflammation Score:-10, Nutrition Score:43.52608735665%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 977.16kcal (48.86%), Fat: 31.31g (48.17%), Saturated Fat: 8.86g (55.4%), Carbohydrates: 116.75g (38.92%), Net Carbohydrates: 109.6g (39.85%), Sugar: 4.85g (5.39%), Cholesterol: 253.51mg (84.5%), Sodium: 566.73mg (24.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.72g (107.44%), Vitamin K: 174.8µg (166.48%), Folate: 354.17µg (88.54%), Manganese: 1.75mg (87.51%), Selenium: 51.65µg (73.78%), Vitamin B3: 14.67mg (73.33%), Vitamin B1: 0.93mg (62.32%), Copper: 1.14mg (57.19%), Phosphorus: 545.2mg (54.52%), Iron: 9.79mg (54.38%), Vitamin B6: 0.85mg (42.31%), Vitamin C: 33.96mg (41.16%), Vitamin A: 1955.62IU (39.11%), Zinc: 5.26mg (35.08%), Vitamin B5: 3.34mg (33.38%), Magnesium: 119.31mg (29.83%), Fiber: 7.15g (28.62%), Potassium: 912mg (26.06%), Vitamin E: 3.28mg (21.84%), Vitamin B12: 1.08µg (17.93%), Vitamin B2: 0.29mg (16.86%), Calcium: 158.99mg (15.9%), Vitamin D: 0.22µg (1.45%)