



Paella

This delicious, nutritious, and colorful dish serves 4!

<u>Ingredients</u>	<u>Quantity</u>
Chicken thighs	4
Onion, yellow, diced	½ ea.
Garlic, cloves minced	3
Red Bell Pepper, diced	½ ea.
Green Bell Pepper, diced	½ ea.
Roma tomato, diced	½ ea.
Short grain rice*	12 oz
Saffron (Turmeric may be substituted)	1 pinch
Chicken stock*	26 fl. oz
Chorizo, cooked and sliced	4 oz
Clams, scrubbed (option)	12 ea.
Cockles, scrubbed (option)	12 ea.
Mussels, scrubbed/debearded	12 ea.
Shrimp, 16-20 count, raw, cleaned	12 ea.
Paprika	¼ tsp.
Salt and Pepper	to taste
Olive oil or Avocado oil	2 fl. oz
White wine	4 oz
Cilantro	Garnish
Lemon	Garnish

Steps

1. Warm the chicken stock and add the saffron
2. Season chicken with salt and pepper. In an oven proof large pan (12-to-15-inch pan) with a lid, cook the chicken in the oil over medium-to-medium high heat until browned. Ensure the internal temperature is at least 165 degrees F for 15 seconds. Remove and place chicken on a plate. Keep the pan hot, do not rinse. You'll want the delicious remains for the next step.
3. Using the same pan, add onion, garlic, paprika, and bell peppers and sauté over medium heat until tender, 2 to 4 minutes.
4. Add rice to the pan and sauté until translucent, 1 to 2 minutes.
5. Add white wine, then stir the chicken stock into the pan with rice. Bring to a boil.
6. Add the chorizo, clams, cockles to the oven proof pan. Cover and place into a 375-degree oven for 20 min.
7. Remove pan from oven and then add the shrimp, cooked chicken, and optional lobster to the pan. Cooked covered for another 12-15min. Remove from oven.
8. Add mussels and tomato to the pan and place in oven and cook uncovered until, the chicken is hot, all the shellfish have opened, approximately 5 min.

*Notes: Rice, consider Italian risotto or Japanese sushi rice
Stock, consider low sodium versions. You may substitute the chicken stock with a good quality fish stock.