

Paella



Makes:

12 servings

Utensil:

Saladmaster Food Processor
Mega Skillet Limited Edition

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Recipe:

Contributed By:

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- 1/2 chicken, cut into pieces
- 1 large
- onion, shredded, use Cone #1
- 3 cloves garlic, shredded, use Cone #1
- 1/2 pound
- prawns
- (227
- g)
- 1/2 teaspoon
- garlic powder
- (1.5
- g)
- 1/2 pound
- squid rings
- (227
- g)
- 1 pound
- mussels
- (454
- g)
- 1 red bell pepper, thinly sliced, use Cone #4
- 1 green bell pepper, thinly sliced, use Cone #4
- 2 ripe tomatoes, diced
- 3/4 cup
- peas
- (100
- g)

2 cups
rice
(350
g)
1 cup
chicken stock
(240
mL)
1 teaspoon
salt
(6
g)
1 teaspoon
saffron threads
(1
g)
 $\frac{1}{2}$ cup
minced fresh parsley
(30
g)

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add chicken, onions and garlic. Cook for approximately 2 minutes.
2. Season prawns with garlic powder. Add prawns, squid rings and mussels to skillet. Cook over medium heat for a couple of minutes.
3. Add bell peppers, tomatoes and peas. Stir to combine.
4. Add rice, chicken stock, salt and saffron. Cover and reduce temperature to low. Cook until rice is done.
5. Remove from heat and let stand for 5 minutes before serving.
6. Garnish each serving with mussels, prawns and parsley.

Nutritional Information per

▼ Serving

Calories: 330
Total Fat: 11g
Saturated Fat: 3g
Cholesterol: 124mg
Sodium: 446mg
Total 32g
Carbs:
Dietary Fiber: 2g
Sugar: 3g
Protein: 25g