THE J.M. SMUCKER Co

Paella

Prep Time	Cook Time	Serves	Difficulty
1 hr	40 mins	10	N/A

Ingredients

- 1/4 cup (50 mL) Canola Oil
- 1 1/2 lb (675 g) cubed, boneless skinless chicken
- 1 cup (250 mL) **Robin Hood®** Original All Purpose Flour

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- 2 tsp (10 mL) cayenne pepper
- 1 tsp (5 mL) salt
- 2 chopped, medium onions
- 2 chopped, garlic cloves
- 3 chopped, large red peppers
- 2 cups (500 mL) long grain rice
- 4 cups (1 L) low sodium chicken broth, hot
- 1 tsp (5 mL) saffron
- 1 cup (250 mL) frozen green peas, thawed
- 2 tsp (10 mL) paprika
- 1/2 lb (225 g) cooked, sliced sausage
- 1 lb (450 g) shelled and deveined shrimp
- 1 lb (450 g) cleaned mussels
- fresh cilantro, to garnish
- fresh parsley, to garnish

Directions

Step 1:

Preheat oven to 375ºF (190ºC). Grease two 9” x 13” (23 cm x 33 cm) baking pans. Set aside.

Step 2:

Heat oil in large Dutch oven. In a shallow dish, combine flour and spices. Add chicken pieces and toss to coat. Shake off excess flour.

Step 3:

Cook chicken in batches in hot oil until browned. Remove to a plate and set aside. Add more oil if required. Add onion, garlic and peppers and cook until tender crisp, about 5 minutes. Add rice to vegetable mixture. In separate bowl, combine hot chicken stock with saffron. Stir to dissolve.

Step 4:

Carefully, add hot chicken stock to rice and vegetable mixture, stirring constantly, scraping up any browned bits from bottom. Bring to a boil. Reduce heat to simmer and add reserved chicken and juices. Divide mixture evenly between the two prepared pans. Divide sausage, mussels and shrimps evenly between both pans, ensuring that mussels and shrimps are submerged in rice. Discard any mussels that don’t stay closed.

Step 5:

Cover with foil and bake in preheated oven for 40 to 45 minutes, or until liquid is absorbed, rice is tender and mussels have opened. Discard any unopened mussels. Remove from oven.

Step 6:

Add peas, cover with foil and let stand 15 minutes at room temperature. To serve, arrange rice on plate and rearrange shellfish, chicken and sausage. Garnish with chopped parsley and cilantro.

Images

