

Paella Recipe Low Carb - (no rice, just goodies)

Sofrito (cook slowly 20-30 minutes)

- 1 Onion or Shallot
- 4 cloves Garlic
- 1 Bell Pepper
- 8 oz Tomatoes (no skins)
- Olive Oil
- Paprika
- Parsley, Bay Leaf
- Thyme
- Oregano
- Salt
- Pepper

Deglaze with 1/4 cup White Wine (no more or else you won't taste the Saffron)

Return Sofrito to pan.

Add Chicken Stock (just enough to barely cover the Sofrito)

Grind 1/2 tsp of Saffron in the palm of your hand and add.

Add Browned Chicken (boneless/skinless thighs - simmer uncovered 10 minutes)

Add Seafood (Shrimp, scallops, etc. - cook 2-3 minutes)

Add 1/2 cup Peas

Drizzle with Olive Oil, Lemon

Serve

Don't...

Don't stir once stock is added - let it reduce and thicken naturally

Don't cover the pan

Don't add too much liquid

Don't add purees or starches or Roux (Butter + Flour)

Don't use Cream (it masks the Saffron)