

Easy Paella with Chicken and Shrimp

Makes 6 Servings

Ingredients:

- 2-3 TBSP olive oil or other oil of your choice
- 2 TBSP white wine (optional)
- 12 oz chicken breasts (2 breasts)
- 3 cups raw shrimp
- 1 large sweet onion
- 2 bell peppers
- 2-3 cloves garlic
- 3 cups chicken broth
- 28 oz can diced tomatoes
- 1 ¼ cups brown rice
- 1 tsp turmeric
- ½ tsp garlic powder
- 1 tsp smoked paprika (divided)
- Pinch of oregano
- Salt and pepper to taste
- Chopped cilantro (optional)

Instructions:

1. Chop your onion, mince your garlic, and slice your bell peppers.
2. Slice your chicken breasts by butterflying them first. To do that, place your hand on top of the chicken breast and slice horizontally straight into the middle until you can unfold the chicken breast and its width doubles, and then slice into thin pieces.
3. Once your chicken has been sliced, ensure your shrimp has been completely defrosted and rinsed. Pat it dry with some paper towels to remove excess water.
4. Heat a large skillet over medium heat. While the skillet is heating, season the chicken breast slices with sea salt and pepper and ½ tsp paprika. Add 1 TBSP of your oil to the pan and after the oil is heated, add the chicken and cook until browned.
5. When the chicken is fully cooked, remove it to a bowl and place the pan back on the heat. Add 1 TBSP of oil and when it's heated, add the shrimp. While they're cooking, season the shrimp with the garlic powder and a pinch of pepper (if you wish). You'll know they're done when they turn pink (a few minutes). Transfer to the same bowl as the chicken.
6. Next, add the last TBSP of your oil to the pan and add the onion and garlic. Cook for 2-3 minutes or until the onions are softened slightly. Add the few TBSPs of white wine to the pan. It will start bubbly vigorously right away, so stir it around with the onions and garlic and let the wine soften the browned bits (leftover from the chicken and shrimp) stuck to the bottom of the pan. If you don't have any wine on hand, a few TBSPs of chicken broth will do the trick. Once you've deglazed the pan, add the rice, tomatoes (in their juice, don't drain them), chicken broth, and spices.

7. Once it starts to boil, turn down the heat slightly and simmer (covered) for about 15-20 minutes.
8. Feel free to throw in your bell peppers at any time while the mixture is simmering. If you prefer them only slightly tender, leave the peppers out at this stage.
9. The mixture will reduce considerably after 15-20 minutes. At this time, add the chicken and shrimp (and the peppers if you haven't yet) and continue simmering for 4-6 minutes, or until the rice is tender. Add salt and pepper to your taste (approx. ¼ tsp each).
10. Garnish with a little bit of cilantro if you wish, and serve.

Nutrition per 1 serving:

- Calories: 368
- Carbohydrates: 41 g
- Protein: 30 g
- Fat: 9 g
- Saturated fat: 1 g
- Cholesterol: 198 mg
- Sodium: 1187 mg
- Potassium: 832 mg
- Fiber: 4 g
- Sugars: 5 g