

## Cast Iron Paella (Saffron and Shellfish)

Yields: 8 servings Preparation Time: 1 hour

### Ingredients

2 pounds shellfish (mussels, clams and shrimp)  
1 pint cherry tomatoes, cut in half  
2 cups low sodium chicken stock  
2 teaspoons saffron  
1 onion, minced  
3 garlic cloves, minced  
3 tablespoons olive oil  
1 teaspoon red pepper flakes  
½ tablespoon paprika  
1 cup short grain rice like aborrio or calrose  
¼ cup white wine  
2 lemon juiced  
1 bunch parsley, chopped  
1 cup frozen peas  
Salt and pepper



## Instructions

1. Prep the seafood if needed. Scrub the mussels and clams, debeard mussels and devein the shrimp. Place the mussels and clams in a large bowl of cold water to soak as you prep the other ingredients.
2. In a small bowl add the stock and the saffron and let sit while you begin cooking.
3. Over medium heat add the olive oil. Let oil heat up then add the onion and garlic. Sauté for 2 minutes and add the tomatoes, red pepper flake and paprika and cook for another 2 minutes or until onion is translucent.
4. Add the rice and stir until the rice is coated with the oil and is starting to toast. Cook for about 2-3 minutes but do not let it burn or brown.
5. Add the stock with the saffron, wine and salt and pepper. Give a big stir to distribute all the ingredients then let it be. Cook for 15 minutes then add the shellfish and cook for roughly 15 minutes more.
6. The paella is done once the rice is tender, all the liquid has been absorbed and the rice starts to form a crust on the bottom.