

Shrimp and Chorizo Paella

A classic Spanish paella. Rice cooked in a flavorful broth of coriander, oregano and paprika, mixed up with sautéed broccoli, cauliflower, shrimp, and chorizo. It's a taste of Spain that's perfect on a chilly night.

45 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Chorizo

Shrimp

Broccoli & Cauliflower

Carrots, Onions &

Spices

Rice

Lime

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you diced zucchini & squash instead of the white rice, reducing the **carbs per serving to 23g**. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the zucchini & squash until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 4 and **DO NOT** add the water and only cook in the oven for 10 to 15 minutes (checking on the level of the liquid periodically).

Good To Know

The trick to this dish is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

Don't have an oven-safe skillet? Transfer the paella to a large casserole dish, instead.

Health snapshot per serving – 590 Calories, 41g Protein, 73g Carbs, 16g Fat, 16 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Chorizo Sausage, Broccoli, Cauliflower, White Rice, Carrot, Onion, Tomato, Parsley, Garlic, Chili Powder, Coriander, Oregano, Fennel, Black Pepper, Turmeric, Paprika, Chicken Stock, Lime.

meez *meals*

1. Getting Organized

Preheat your oven to 375.

2. Cook the Chorizo and Shrimp

Heat a large, oven-safe skillet over medium high heat. When the pan is hot, add the **Chorizo** and break it up with a wooden spoon or spatula. Cook until it starts to brown, continuing to break the pieces apart, about 4 to 5 minutes. Use a slotted spoon to remove the chorizo, but not the juices, from the skillet and set aside. Do not wipe out the skillet.

Dry and lightly salt & pepper the **Shrimp**. Add them to the now-empty skillet over medium high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board, and allow to rest for five minutes, then cut each in half. Do not wipe out pan.

3. Sear the Broccoli & Cauliflower

Return the now-empty skillet to the stove over medium high heat and add the **Broccoli and Cauliflower**. Sauté until the vegetables are slightly soft and start to brown, about 4 to 5 minutes. (They will continue to cook in the oven) Remove from the skillet and set aside. Do not wipe out pan.

4. Prepare and Bake the Paella

Add the **Carrots, Onions & Spices** to the now-empty skillet over medium high heat and stir frequently until fragrant, about 2 minutes. Add the **Rice** and 2 cups of water, then bring to a boil. Add the seared broccoli & cauliflower and remove from the heat.

Cover and transfer the skillet to the oven and bake until the rice is tender and the water has been absorbed, about 30 minutes. Check the water level at 20 and 25 minutes. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking, uncovered, until the rice is tender. If the rice is tender but there is still liquid cook, uncovered, until it is absorbed.

5. Put It All Together

Remove from the oven, stir in the cooked chorizo and shrimp, cover, and let rest for 5 minutes. Transfer to serving bowls and squeeze the **Lime** over top. Be sure to include the crusty bits from the bottom of the pan. They are the key to a traditional paella. Enjoy!

If you don't have an oven safe skillet with a lid you can use a baking sheet or foil to cover the pan.

Resist the urge to stir the paella. Let it cook undisturbed.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois