



Cast Iron Paella

This simplified version of the popular Spanish rice and seafood dish will leave you scraping your bowl clean. Because of cast iron's high heat retention, a delicious crusty layer of rice will develop on the bottom, and serving the dish straight from the pan makes for a beautiful centerpiece at the dinner table. You and your guests won't be able to resist scooping for seconds.

by Betsy Carter and Alexis Deboschnek

Ingredients

for 4 servings

720 3 cups chicken stock

1 pinch saffron thread

½ lb shrimp, peeled and deveined (225 g)

2 teaspoons kosher salt, divided

½ teaspoon freshly ground black pepper

2 tablespoons olive oil

1 ½ cups chorizo, thinly sliced (205 g)

1 medium yellow onion, finely chopped

3 cloves garlic, minced

1 teaspoon paprika

1 ½ cups arborio rice (300 g)

14 ½ oz diced tomato, 1 can, drained (410 g)

½ lb mussels, scrubbed and debearded (225 g)

½ cup frozen peas, thawed (75 g)

½ lemon, juiced

¼ cup fresh parsley leaves, finely chopped (10 g)

Nutrition Info

Shop ingredients with
 Walmart Grocery Pickup

Calories **575**

Fat **25g**

Carbs **51g**

Fiber **5g**

Sugar **7g**

Protein **34g**

Estimated values based on one serving size.

Preparation

- 1** Add the chicken stock to a microwave-safe liquid measuring cup and microwave on high power for 3 minutes, until hot. Stir in the saffron threads and set aside.
- 2** On a cutting board, pat the shrimp dry with paper towels. Season with 1 teaspoon of salt and the pepper on both sides and set aside.
- 3** Heat the olive oil in a 12-inch (30 cm) cast-iron skillet over medium-high heat until it begins to shimmer. Add the chorizo and cook, stirring, until browned in spots, 3 minutes. Add the onion and cook until softened, about 3 minutes. Add the garlic and paprika and cook, stirring, until aromatic, about 30 seconds. Add the rice and stir until lightly toasted, 1 minute.
- 4** Add the tomatoes and reserved chicken stock and stir to combine. Reduce the heat to low and cover the pan with a lid. Cook without stirring until the rice is al dente, 15 minutes.
- 5** Remove the lid and arrange the shrimp, mussels, and peas on top of the rice. Cover and increase the heat to medium-high. Cook until the shrimp are opaque and the mussels are open, 5 minutes. Discard any mussels that do not open.
- 6** Remove the lid and pour the lemon juice over the paella. Sprinkle with the remaining teaspoon of salt and the parsley and serve.
- 7** Enjoy!