

Easy Seafood Paella

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/big-prawn-shrimp-chinese-recipe>

Ingredients:

- 4 lobster tails small, 6-12 oz each
- water
- 3 tablespoons olive oil
- 1 yellow onion large, chopped
- 2 cups spanish rice or short grain rice, soaked in water for 15 minutes and then drained
- 4 garlic cloves chopped
- 2 pinches saffron threads Spanish, soaked in 1/2 cup water
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 1/2 teaspoon pepper flakes aloppo
- salt
- 2 Roma tomatoes large, finely chopped
- 6 ounces french green beans
- 1 pound prawns or large shrimp or your choice, peeled and deveined
- 1/4 cup fresh parsley chopped

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 265 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 54 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 720 milligrams
9. Sugar: 3 grams

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