

Paella

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/squid-recipe-indian>

Ingredients:

- 4 cups chicken stock
- 1/2 lemon
- 4 artichokes large
- 1 teaspoon sea salt coarse
- 1 teaspoon saffron threads
- 3 garlic cloves thinly sliced
- 6 chicken thighs boned
- 1/3 pound pork loin
- 1/2 pound pork sausages
- 7 ounces squid cleaned
- 1 cup olive oil
- 1 yellow onion thinly sliced
- 1 red bell pepper seeded and cut into 1-inch pieces
- 1 pound tomatoes ripe, peeled, seeded and finely chopped
- 2 1/2 cups risotto type short-grain rice, such as Bomba
- 1 cup peas shelled English, fresh or frozen
- 6 ounces monkfish or hake fillet
- 24 mussels large
- 12 medium shrimp peeled
- fresh flat leaf parsley for garnish, optional

Nutrition:

1. Calories: 1140 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 270 milligrams
4. Fat: 67 grams
5. Fiber: 8 grams
6. Protein: 63 grams
7. SaturatedFat: 14 grams

8. Sodium: 970 milligrams

9. Sugar: 7 grams

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