

Paella a la Valenciana

Yield: 7 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-green-rice-recipe>

Ingredients:

- 1 white beans rounded cup dried large
- 1/2 cup olive oil
- 1 chicken or rabbit, about 3 lb., cut into 8 serving pieces
- freshly ground pepper Salt and, to taste
- 1 yellow onion large, chopped
- 2 garlic cloves minced
- 1/2 teaspoon saffron threads crushed
- 4 tomatoes peeled, seeded and chopped
- 4 cups chicken stock
- 1/2 pound green beans trimmed, blanched for 3 to 5 minutes and drained
- 2 rosemary sprigs fresh, tough stems discarded, leaves chopped
- 2 1/2 cups rice Spanish Calasparra
- 1 pound shrimp large, peeled and deveined
- lemon wedges for garnish, optional

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 245 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 63 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 460 milligrams
9. Sugar: 6 grams

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