

Be 

BrickhouseBodymind.com

**Nutritional
Information**

Total Cals - 440

Fat

15 Grams
131 Calories
30% of Total

Carbs

36 Grams
143 Calories
33% of Total

Prot

41 Grams
166 Calories
37% of Total

Paella with Brown Rice

seafood - poultry - dinner



Ingredients

2 Cups Brown Rice, uncooked
3 Tbsp Olive Oil
1 Tbsp Paprika
2 tsp Oregano
2 lbs Boneless Skinless Chicken Breast,
cubed
4 Garlic Cloves, chopped
1 tsp Crushed Red Pepper Flakes
1 Bay Leaf
1/4 Cup Fresh Parsley, chopped
1 qt Chicken Stock
2 Lemons, zested
1 Medium White Onion
1 Red Bell Pepper, coarsely chopped
1 lb Turkey Sausage
10 oz Shrimp, peeled, deveined
Salt and Pepper to taste

Directions

1. In a medium bowl mix 1 Tbsp Olive Oil, paprika, oregano, and salt and pepper, then stir in chicken to coat. Cover and refrigerate.
2. Heat 1 Tbsp Olive Oil in paella pan, large skillet, or pot over med heat. Stir in garlic, red pepper flakes, and rice. Cook, stirring to coat rice with oil, for 3 minutes.
3. Stir in bay leaf, parsley, chicken stock, and lemon zest. Bring to a boil, reduce heat to med-low and simmer 25-30 minutes.
4. Meanwhile, heat 1 Tbsp Olive Oil in large separate skillet over med heat. Stir in chicken and onion. Cook 5 min. Stir in bell pepper and sausage. Cook 5 min. Stir in shrimp. Cook 2-3 minutes.
5. Serve meat mixture over rice.

Makes 8 Servings

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