

Lifestyle Coaching and Food Institute



Paella with Chicken and Shrimp

Yield: 6 Servings

Cost Per Serving: N/A
Cook Time: 40 minutes

Ingredients:

- 2-3 Tbsp olive oil or other oil of your choice
- 12 oz chicken breasts (2 breasts)
- 3 cups raw shrimp
- 1 large, sweet onion
- 2 bell peppers
- 2-3 cloves garlic
- 3 cups chicken broth

Directions:

- 1. Chop your onion, mince your garlic, and slice your bell peppers.
- 2. Slice your chicken breasts by butterflying them first.
- 3. Once your chicken has been sliced, ensure your shrimp has been completely defrosted and rinsed. Pat, it dry with some paper towels to remove excess water.
- 4. Heat a large skillet over medium heat. While the skillet is heating, season the chicken breast slices with sea salt and pepper and ½ tsp paprika. Add 1 Tbsp of your oil to the pan and after the oil is heated, add the chicken and cook until browned.
- 5. When the chicken is fully cooked, remove it to a bowl and place the pan back on the heat. Add 1 Tbsp of oil and when it's heated, add the shrimp. When fully cooked, transfer to the same bowl as the chicken.
- 6. Next, add the last Tbsp of your oil to the pan and add the onion and garlic. Cook for 2-3 minutes or until the onions are softened slightly. Add the rice, tomatoes (in their juice, don't drain them), chicken broth, and spices.

- 7. Once it starts to boil, turn down the heat slightly and simmer (covered) for about 15-20 minutes.
- 8. Feel free to throw in your bell peppers at any time while the mixture is simmering. If you prefer them only slightly tender, leave the peppers out at this stage.
- 9. The mixture will reduce considerably after 15-20 minutes. At this time, add the chicken and shrimp (and the peppers if you haven't yet) and continue simmering for 4-6 minutes, or until the rice is tender. Add salt and pepper to your taste (approx. ½ tsp each).