

## SAUSAGE AND CHICKEN PAELLA

*Yield: 8 Portions*

Ingredients	Amounts
Saffron crushed	1 tsp.
Chicken stock	3 cups
Chicken breast, cut into 1 ½ " cubes (8 breasts)	2 ½ lbs.
Olive oil	3 Tbsp.
Salt	1 tsp.
Black pepper	½ tsp.
Onions, diced	½ cup
Red peppers, diced	½ cup
Green peppers, diced	½ cup
Garlic, minced	1 tsp.
Dry Spanish chorizo, sliced ¼ " thick	8 oz.
Rice, short grain	2 cups
Tomatoes, peeled, seeded, diced	1 cup
Green peas, frozen	1 cup
Spring onions, thinly sliced	2 Tbsp.

### Method

1. Add the saffron to the chicken stock and microwave covered at P10 for 3 minutes. Remove and let saffron steep for 20 minutes. Keep warm.
2. Season the cubed chicken breast with 1 tablespoon olive oil, salt and pepper.
3. Arrange the seasoned chicken cubes on a 10' plate. Cover tightly with plastic wrap. Microwave on P10 for 3 minutes. Reserve.
4. In a large microwave bowl combine 2 tablespoons olive oil, onions, red peppers, green peppers and garlic. Microwave covered at P10 for 3 minutes.
5. Add the chorizo, rice, chicken cubes, and tomatoes. Stir. Add the saffron infused chicken stock. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave at P10 for 5 minutes. Reset the microwave at P7 for an additional 20 minutes until rice is cooked and has absorbed all the liquid. During the last minute add the peas.
6. Allow to rest uncovered for 5 minutes, and garnish with the spring onions.

Nutrition Facts	
Serving Size 1 serving	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 570	<b>Calories from Fat</b> 190
% Daily Value*	
<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 1430mg	<b>60%</b>
<b>Total Carbohydrate</b> 49g	<b>16%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 42g	
Vitamin A 15%	• Vitamin C 45%
Calcium 2%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	