

Meat and Vegetable Paella

Serves 4

The traditional land paella: browned chicken and pork, green beans and butter beans, cooked in a rich tomato and saffron base.

Ingredients

- 1-2 chicken thighs, cut into pieces (or, for the traditional choice, 1 rabbit)
- 2-3 pork ribs, chopped into smaller pieces
- 10-20 green beans
- 1 can of butter beans
- 3-4 cloves garlic, peeled
- Optional: red and green pepper, about 1 cup
- 3 tomatoes, grated
- 1-2 tablespoons paprika or smoked paprika
- 0.5 g saffron (or colouring powder)
- 400 g paella rice
- About 1.5 quarts of chicken or meat broth, or water
- Olive oil, at least 1/2 cup

Method

- 1** Fry the vegetables (not the butter beans) until lightly browned, then remove.
- 2** Fry the meat well with the garlic and plenty of olive oil over medium heat, until it leaves browning on the bottom of the pan.
- 3** Remove the meat and cook down the tomato with the paprika and saffron. When the sauce has cooked down well, add the meat and vegetables back in and stir. Then add the broth and the butter beans and bring to the boil.
- 4** Optional: instead of adding broth, add water and cook only the meat and sauce (not the vegetables) for about 40 minutes so it creates its own broth. You will need to add more water to make up for evaporation.
- 5** Once your broth is boiling, add the rice and cook on medium for about 16 minutes. At the very end, turn the heat up to high to crisp the rice on the bottom.
- 6** Finish by placing a towel over the paella for 3 minutes to let the rice finish cooking. Enjoy!