

## Instantpot *Paella Mixta*

*There are innumerable versions of Spain's national dish, paella, though the three best known types are Valencian paella (paella valenciana), seafood paella (paella de marisco), and mixed paella (paella mixta). Valencian paella consists of white rice, green vegetables, meat (chicken and rabbit), land snails, and beans. Seafood paella replaces meats with seafood (e.g., firm-cooking fish, mussels, clams, shrimp, or calamari) and omits beans and green vegetables. Mixed paella is a free-style combination of land animals, seafood, vegetables, and sometimes beans. Saffron is the characteristic flavoring of paella; its warm, buttery aroma perfectly complements seafood. In an unusual departure from traditional Spanish paella rice, we use parboiled rice here, which is rich in prebiotic resistant starch and has a much lower glycemic index ranking than all other types of rice. Gluten- and dairy-free. Serves 4-6.*

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| 1 tbsp olive oil  | 2-3 generous pinches saffron threads (Trader Joe's has the most affordable saffron)             |
| 1lb chicken thighs, skinless and boneless, cut into bite-sized pieces   | ½ tsp smoked paprika powder   |
| 4 oz cured Spanish chorizo cut into ¼-inch slices and then cut into quarters. (My favorite chorizo brand is "Palacios" (which comes in <a href="#">mild</a> and <a href="#">spicy</a> variants); the American-made <a href="#">Trois Petits Cochons</a> chorizo is delicious, also. Andouille sausage works too.) | ½ tsp plain (unsmoked) paprika powder   |
| 1 yellow onion, finely diced  | ¾ tsp salt, freshly ground black pepper   |
| 3 cloves garlic, minced   | ½ cup parboiled rice (e.g., "Uncle Ben's Original")   |
| 1 red bell pepper, seeded and chopped   | ¼ cup dry Sherry or dry white wine  |
| 1 green bell pepper, seeded and chopped   | 1 cup chicken bone broth  |
| 1 yellow bell pepper, seeded and chopped  | 1 cup frozen peas   |
| 2 Roma tomatoes, cubed  | 8 oz frozen green beans   |
| 2 bay leaves  | 1 lb raw mussels, cleaned (or you can use ready-cooked mussels; add at the same time as shrimp) |
| 2-3 sprigs of fresh thyme or ½ tsp dried thyme  | 1 lb raw shrimp, shelled (if using frozen shrimp, defrost first, then rinse, drain & peel)      |
|   | a squeeze of lemon juice  |
|   | ¼ cup fresh parsley, coarsely chopped   |

On the SAUTE (high) setting, warm olive oil and sauté chicken and chorizo, turning frequently, until golden (about 5 minutes). Transfer to a plate and set aside.

In the fat that remains in the pot, sauté onion, garlic and peppers on high, stirring, for 5 minutes. Add tomatoes, bay leaves, thyme, saffron and both types of paprika powder and stir to combine. Add rice, sherry/wine and chicken stock. Season with salt and pepper. Return chicken and chorizo to the vegetable-rice mixture and stir to combine.

Lock lid, set vent to SEALING position, cancel SAUTE function and turn on PRESSURE function; set timer to 4 minutes on HIGH. Once cooking time is up, leave on WARM for another 5 minutes. Then press CANCEL and release the remaining pressure by switching the pressure valve to the VENTING setting.

Remove lid. Switch SAUTE (high) function on again and add mussels and beans to the rice; bring to the boil and cook for 3 minutes. Now add shrimp and peas and cook another 2-3 minutes. The dish is ready when the shrimp have turned opaque, the mussels are open and cooked through, and the beans are *al dente*. Stir in parsley and season to taste with lemon juice and salt. Serve immediately.