

Boxing Day Paella



Serves	4-6
Prep time	15 minutes
Cook time	35 minutes
Total time	50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Main Dish
Misc	Freezable , Pre-preparable , Serve Hot
Region	Spanish

Ingredients

- 1 tablespoon Sunflower Oil
- 500g Cooked meat diced (chicken, salmon, scallops, sausages, etc.)
- 4 Spring onions (finely chopped)
- 3 Cooked sausages (chopped)
- 1 cup white rice
- 1 pinch Saffron threads
- 2 Garlic clove (crushed)
- 500ml Home made chicken or vegetable stock (refer to basics page)
- salt

Optional

- Vegetables (add any left over cooked or salad vegetables at step 6)

Directions

1. Prepare all the ingredients before starting to cook.
2. Heat the oil in a large saucepan over medium heat. Add the spring onion and sausages and cook for 1 to 2 minutes until the sausages start to become crispy.
3. Add the rice and saffron threads and cook for another 2 minutes.
4. Add the stock and garlic.
5. Bring to the boil, then reduce the heat and simmer, stirring occasionally, for 15 minutes until all the liquid has been absorbed.
6. Add the cooked meat (and vegetables if using) to the pan and stir through until heated. Season with salt. Serve.



Note

This recipe is low chemical / failsafe depending on the meat and vegetables used. In this version I used salmon which contains Amines.

Paella is a great way to use up left over meat and vegetables, and can be made with almost any ingredients. The above ingredients list is based on what I had left over at the time. You can use any left over meat or vegetables in this recipe.

Refer to the Basics page for home made [chicken or vegetable stock](#).