**Paella**

Preparation:

* Wash the clams in cold salted water, open them in a saucepan with water, strain and reserve the clams and broth separately
* Wash the peppers, remove the seeds and chop them. Wash the chicken and cut it. Wash the squid and cut into strips.
* Peel the prawns and cook the shells and heads for 10 minutes, strain and
* reserve the broth
* Heat oil in a frying pan and fry the chicken, add the squid, sauté a couple of minutes and add the diced onion, peppers, peas and peeled tomatoes. Sauté for 15 minutes.
* Add rice, stir and pour the hot broth and clam shrimp (over water),
* calculating the volume twice that of the rice.
* Make a paste with garlic cloves, parsley and saffron and add to the pan,
* season and add food coloring.
* Reduce heat and cook for 6-7 minutes add the shrimps and clams. Let stand 3-4 minutes and serve

Nutritional fats:

200 kal fats

Time: 60 min aprox.

Ingredients:

Rice, 600 grams

Clams, 500 grams

Prawns, 300 grams

2 tomatoes

Green Pepper

Garlic

Parsley

Chicken, 800 grams

Squid, 200 grams

1 Small onion

[](https://www.google.es/imgres?imgurl=https%3A%2F%2Famimaneracocinando.com%2Fwp-content%2Fuploads%2F2016%2F10%2Fpaella-3.jpg&imgrefurl=https%3A%2F%2Famimaneracocinando.com%2Fpaella-de-marisco%2F&docid=cn4pzL4arEFI6M&tbnid=Wk-rAQjCzno29M%3A&vet=10ahUKEwj59bqV1OzlAhULmBQKHWh7A50QMwj9ASgTMBM..i&w=693&h=616&bih=879&biw=1745&q=paella&ved=0ahUKEwj59bqV1OzlAhULmBQKHWh7A50QMwj9ASgTMBM&iact=mrc&uact=8)Peas, 150 grams

Saffron

Salt

Olive oil