

Spanish Paella

with Cremini Mushrooms & Roasted Broccoli Rabe

The key to fantastic, authentic paella is saffron. The deep orange threads are the stigmas of the saffron crocus, a small flower that's cultivated primarily in Europe and Asia. Known as one of the most expensive spices by weight in the world, saffron threads are hand-picked from the flowers that contain only a few filaments per plant. Because of the concentrated pigment and flavor, a little goes a long way to aromatize, flavor, and color dishes like this one.



Ingredients

- 4 Cloves Garlic
- 4 to 6 Cremini Mushrooms
- 1 Bunch Parsley
- 1 Bunch Broccoli Rabe
- 1 Large Yellow Onion
- 1 Lemon
- 1 Red Bell Pepper
- 1 Cup Paella Rice
- 1 Pinch Saffron
- 1 Tablespoon Vegetable Demi-Glace



Makes 3 Servings
About 505 Calories Per Serving

Instructions



Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Peel and slice the garlic. Small dice the mushrooms and bell pepper. Roughly chop the parsley. Peel and small dice the onion. Cut the lemon into quarters and remove the seeds.



Cook the aromatics:

In a medium pot, heat a couple teaspoons of olive oil on high until hot. Add the **mushrooms** and cook 2 to 4 minutes, or until browned. Season with salt and pepper, then reduce the heat to medium. Add a little more olive oil as well as the **onion**, **pepper** and **garlic**. Cook 5 to 7 minutes, or until softened, stirring occasionally.



Start the paella:

Add the **rice** and **saffron** and cook 1 to 2 minutes, or until the rice is toasted, stirring frequently. Add the **vegetable demi-glace** and **2 cup of water**. Allow the rice mixture to come to a simmer, then cover, reduce the heat to low, and simmer 18 to 22 minutes, or until all of the liquid is absorbed and the rice cooked through. Remove from heat.



Roast the vegetables:

While the rice simmers, place the **broccoli rabe** on a sheet pan. Drizzle with a little **olive oil** and season with salt and pepper. Toss until well coated. Roast in the oven 8 to 10 minutes, or until browned.



Finish the paella:

To the finished rice, stir in **chopped parsley** and the **juice from 2 lemon wedges**; season with salt and pepper to taste.



Plate your dish:

Divide the paella between 2 dishes and top with the **roasted broccoli rabe**. Garnish with the **remaining parsley** and **lemon wedges**. Enjoy!