



SPAIN

DINNER

PRINTABLE RECIPE PDF

Spanish Paella Valenciana

Paella Valenciana is a traditional dish originating from the Valencia region, known for its vibrant colors and rich flavors. Historically, it was prepared by

PREP

15 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 100 g Bomba rice - short-grain rice recommended for paella
- 200 g chicken - cut into bite-sized pieces
- 100 g rabbit - optional, can be replaced with more chicken
- 50 g green beans - trimmed and cut into 2-inch pieces
- 1 medium tomato - grated or finely chopped
- 1 clove garlic - minced
- 1 tsp smoked paprika - adds depth of flavor
- 0.5 g saffron threads - soaked in warm water
- 500 ml chicken stock - homemade or low-sodium
- 30 ml olive oil - extra virgin for richer flavor

WHY THIS WORKS

About this recipe

A printable Spanish Paella Valenciana recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Paella Valenciana is a traditional dish originating from the Valencia region, known for its vibrant colors and rich flavors. Historically, it was prepared by farmers using the ingredients available in the countryside,

SHOPPING LIST

Ingredients continued

- salt to taste salt
- 1 sprig rosemary - for garnishing, optional

ORIGIN & TRADITION

Mediterranean context

Paella Valenciana is a traditional dish originating from the Valencia region, known for its vibrant colors and rich flavors. Historically, it was prepared by farmers using the ingredients available in the countryside, including rice, vegetables, and meats. Today, it has become a symbol of Spanish cuisine, celebrated worldwide.

METHOD

Step-by-step instructions

1

In a large paella pan or a wide skillet, heat the olive oil over medium heat and add the chicken and rabbit pieces, browning them on all sides for about 8 minutes.

2

Add the minced garlic and grated tomato to the pan, cooking for an additional 2-3 minutes until the mixture is fragrant.

3

Stir in the green beans and smoked paprika, cooking for another 2 minutes before adding the Bomba rice, stirring to coat the rice with the oil and flavors.

4

Pour in the chicken stock and add the soaked saffron with its water. Season with salt to taste. Bring the mixture to a boil.

5

Once boiling, reduce heat to low and let simmer without stirring for about 20 minutes, or until the rice is tender and has absorbed most of the liquid.

6

Remove from heat and cover the pan with a clean kitchen towel for 5 minutes to allow the flavors to meld.

CHEF'S TIP

For an authentic socarrat (crispy rice bottom), slightly increase the heat in the last few minutes of cooking, but watch closely to avoid burning.

NUTRITION PER SERVING (EST.)

Calories	620 kcal	Fat	20 g
Protein	34 g	Fiber	4 g
Carbohydrates	70 g	Sodium	650 mg

SERVING SUGGESTION

Serve directly from the pan, garnished with rosemary sprigs. A simple green salad and a glass of Spanish red wine pair beautifully with this dish.

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