SPANISH · DINNER · LUNCH

Cauliflower Rice Seafood Paella

Paella de coliflor

45 min · Serves 2 · 546 kcal a serve · Video 5:29 · Spain on a Fork

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

47 g protein and about 18 g net carbs a serve, very rich in vitamin B12, selenium and vitamin C: a seafood paella of shrimp, squid and mussels made with cauliflower rice instead of rice, and no added liquid. Paleo as written; the seafood portion and salt put it over DASH limits.

Diet notes: Low saturated fat (4.5 g, 7% of the energy).

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Ingredients 13 · SERVES 2

- [ ] 1 large head **cauliflower**, pulsed into rice (about 4 cups)
- [ ] ¼ cup extra **virgin Spanish olive oil**
- [ ] 15 **raw jumbo shrimp**, peeled and deveined
- [ ] 8 **fresh mussels**, cleaned
- [ ] 1 small **red bell pepper**, diced
- [ ] 1 **squid** tube, cut into small squares
- [ ] 4 **garlic** cloves, minced
- [ ] a generous ½ tsp **smoked paprika**
- [ ] ½ cup **tomato purée** (passata)
- [ ] a pinch (1 small packet) of **saffron powder**
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] **fresh parsley**, chopped, to garnish
- [ ] **lemon** slices, to garnish

Allergens found in the listed ingredients: Crustacea, Molluscs. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Quarter the cauliflower, rinse it, cut away the core and pulse it in a food processor 20–25 seconds into rice-sized pieces; any longer and it loses its texture. 0:56
2. Mince the garlic and dice the bell pepper. Open the squid tube, pat it dry and cut it into small squares. Pat the shrimp dry and season them with salt and pepper. 1:38
3. Heat the olive oil in a paella pan over medium-high heat. After a minute, sear the shrimp seasoned side down about 1 minute a side, then set them aside. 2:12
4. Add the bell pepper and stir about 3 minutes, scraping up the shrimp bits. Push it aside and cook the squid about a minute, then the garlic for 30 seconds. 2:43
5. Stir in the paprika, salt and pepper, then the tomato purée, and cook about 3 minutes. 3:04
6. Add the cauliflower rice and saffron and mix well; add no liquid, or it turns mushy. Lower the heat to low, return the shrimp and add the mussels. 3:28
7. Cover with foil and cook about 8 minutes, then rest off the heat 4–5 minutes. Discard any mussels that haven't opened and finish with lemon slices and parsley. 3:56

Tip Ready-made cauliflower rice from the shop makes this even quicker.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
546 kcal	**47 g**	**25 g**	**6.5 g**	**30 g**	**730 mg**
2,280 kJ	94% of a day	18 g net · 9 g sugars	23% of a day	4.5 g saturated	32% of a day
		9% of a day		39% of a day	

Energy from net carbs 14% · protein 35% · fat 51% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 386% · Selenium 193% · Vitamin C 188% · Vitamin K 72% · Omega-3 72% · Vitamin E 52% · Vitamin B6 51% · Folate 49% · Zinc 40% · Potassium 31% · Magnesium 29% · Iron 27% · Vitamin A 21%

Source of (10–19%) Calcium 14%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=ST_IeZ-zFjo. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/paella-de-coliflor-cauliflower-rice-seafood