



Del Monte Paella Recipe

Preparation Time	20
Cooking Time	45
Serving Size	5

Ingredients:

- 3 pcs chicken, wings, each piece cut into 2
- 2 1/2 tsp soy sauce
- 1/8 tsp pepper, black

- 500 g clams (halaan)
- 750 g mussels (tahong)
- 2 Tbsp oil
- 1 Tbsp garlic, crushed
- 1/4 cup onion, sliced
- 2 pcs chorizo de bilbao, sliced
- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
- - salt, to taste
- - pepper, to taste
- 1/3 cup green peas, frozen, cooked
- 1/3 cup bell pepper, red, cut into strips
- 2 1/2 cups rice, cooked
- 3/4 cup rice, malagkit, cooked
- 1 pc egg, hard boiled and sliced

Preparation:

1. Season chicken with soy sauce and pepper. Set aside. Boil halaan and tahong until shells are open. Remove tahong meat from shells. Reserve 1/3 cup broth.
2. Sauté garlic, onion, chorizo, and chicken. Add the broth and DEL MONTE Original Style Tomato Sauce. Season with salt and pepper to taste. Cover and simmer over low heat until chicken is tender.
3. Add tahong meat and halaan, green peas, bell pepper, rice, and malagkit rice. Cook for 3 minutes. Top with egg slices before serving.

Chef's Tip

For a more flavorful paella, allow the chorizo to release its fat during sautéing. The chorizo fat contains a lot of flavor that will mix with the rice.

Lusog Notes

This dish is high in iron needed for normal metabolism. It is also high in Vitamin A for eye health and niacin, which promotes normal digestion.

Cooking Skills Needed

- Slicing
- Sautéing
- Simmering

Cooking Tools

- Measuring Spoon
- Pot
- Measuring Cups
- Spatula

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