



Paleo Surf & Turf Quinoa Paella Recipe

The Ingredients:

- 4 oz mixed Seafood
- 4 oz of cubed Grassfed beef
- 4 oz of Organic Chicken Breast
- 2 oz of Turkey Kielbasa
- 1 cup of Chicken Broth
- 1 Tablespoon of Organic tomato paste
- 1 cup of Diced Tomatoes
- Juice of one Lemon
- Sliced Lemon wedges
- 1 cup of White Quinoa
- 1 cup of Mixed Quinoa
- 1 cup of Chopped onions
- 1 minced Garlic clove
- 3 tablespoons of Olive oil
- 1 cup of sliced Bell Peppers
- 1 tablespoon of Paprika
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1 teaspoon of oregano
- 3 teaspoons of Red Chili Pepper flake
- 1 pinched of Saffron threads
- 1 tablespoon of Turmeric
- 1 cup of Chopped Cilantro/Parsley

Instructions:

- 1.) In 2 medium bowls. Mix together 2 tablespoons olive oil, Paprika, Oregano, and Salt and Pepper. Split in half. Individually coat each, set aside. Cover and refrigerate for 20 minutes.
- 2.) Rinse Quinoa and Cook in 2 cups of Water for every 1 cup of Quinoa until water is absorbed. Set aside when finished.
- 3.) Heat pan with 1 tablespoon of olive oil and cook protein and add seafood at medium-heat. Cook and brown sliced turkey kielbasa, add to mixture. Add bell peppers, onion and garlic cook til softened.
- 4.) Add tomato paste, diced tomatoes, Red pepper flakes, Saffron and Turmeric. Add lemon juice. Add a cup of chicken broth. Bring to a medium boil. Add Quinoa and incorporate well. When cooled slightly, top with lemon wedges and cilantro/parsley mix.

4-5 (1/4 cup) Servings