

# Paella

## Summary

<b>Yield</b>	Servings
<b>Source</b>	wailana
<b>Prep time</b>	25 minutes
<b>Cooking time</b>	30 minutes
<b>Total time</b>	55 minutes

## Description

Paella is a famous Spanish dish that takes its name from the wide, shallow skillet it's traditionally cooked in. Although there are as many paella recipes as there are chefs, common to most of them is the use of saffron, which imparts its bright yellow color and bittersweet taste. This vegetarian variation includes lots of fresh vegetables and tender chunks of pan-fried tofu.

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[Paella - Wai Lana Recipe](#) default/files/recipe/paella\_library.jpg

## Ingredients

1 1/4 c  
Uncooked basmati rice  
1 1/4 c  
Uncooked sticky rice\*  
2 1/2 Tbsp  
olive oil  
10 oz  
Firm tofu, cut into 1/2-inch cubes  
1 bn  
Fresh chives, chopped  
1/2  
Red bell pepper, cut into strips  
1/2  
Green bell pepper, cut into strips  
1 c  
Fresh shiitake mushrooms, sliced  
1 c  
Button mushrooms, sliced  
3  
Medium tomatoes, cut into segments

1 c  
Fresh or frozen peas  
1¼ tspn  
Saffron  
1¼ tspn  
Turmeric  
2 Tbsp  
Soy sauce  
2 ½ tspn  
salt, or to taste  
½ tspn  
Black pepper

Fresh parsley for garnishing

## Instructions

1. Rinse and cook both kinds of rice separately. For each one, place the rice into a small saucepan with 2 cups water. Cover and bring to a boil on high heat, then immediately reduce the heat to the lowest setting. Cook until the water is absorbed and the grains are soft, about 15-20 minutes. Remove and set aside.
2. Heat ½ Tbsp. of the oil in a nonstick skillet and pan-fry the tofu until golden brown. Set aside. In a wok or large skillet heat the remaining 2 Tbsp. oil and sauté the chives, bell peppers, and mushrooms over medium heat. When slightly tender, stir in the tomatoes, pan-fried tofu, peas, saffron, and turmeric.
3. Cook for about 4-5 minutes until the vegetables are just tender and some of the moisture has dried up. Add the cooked rices along with the soy sauce, salt, and pepper and gently toss to combine. Heat until warmed through. Garnish with parsley if desired.

## Notes

\*Sticky rice is also called sweet or mochi rice and can be found in Asian markets or the Oriental section of some supermarkets.

Nutritional Information Per Serving:

Calories: 211, Fat 4.6g (41 cal), Carbohydrate 35.9g (144 cal), Protein 6.6g (26 cal)

Added information: Saturated Fat 0.6g, Cholesterol 0mg, Sodium 564mg, Dietary Fiber 2.1g

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Source URL: <http://www.wailana.com/lifestyle/recipe/paella>