

Grilled Seafood Paella

Paella is a celebration of simple ingredients coming together to create something extraordinary. This seafood version features fresh local fish and shrimp, paired with saffron-infused rice, garlic, smoked paprika, and extra virgin olive oil for layers of rich, smoky flavor. Packed with lean protein, heart-healthy fats, and satisfying whole-food ingredients, it's a vibrant, nourishing meal designed to bring people together around the table.

INGREDIENTS

1 1/2 lbs firm local fish , striped bass, black sea bass, etc.
1 1/2 lbs shrimp, peeled and deveined
1 lemon, juiced, for cleaning fish
1 teaspoon salt, for cleaning fish
3 tablespoons extra virgin olive oil
1 large yellow onion, finely sliced
6 cloves garlic, minced
2 teaspoons smoked paprika
1/2 teaspoon saffron threads
1 1/2 cups short grain Spanish rice
4 1/2 cups vegetable or seafood stock
2 teaspoons salt
2 tablespoons flat leaf parsley, rough chop
2 lemons, wedged for serving

SERVES

8

TIME

45 MIN

SPECIAL EQUIPMENT

Paella pan (or a large, wide skillet)

STORAGE

Store in an airtight container in the fridge for 2-3 days. Or keep in freezer for 2-3 months

METHOD

1. To clean the seafood, place it in a large bowl and gently toss with the juice of 1 lemon and salt. Allow it to sit for a few minutes, then rinse thoroughly under cold running water. Pat dry with paper towels and set aside until ready to use.
2. Preheat a gas grill to medium-high heat (about 400°F). Place a paella pan over the grates and allow it to heat for several minutes.
3. Add the olive oil to the pan. Stir in the onion and cook until softened and translucent, about 6–8 minutes. Add the garlic and cook for another minute until fragrant.
4. Sprinkle in the smoked paprika and saffron, stirring constantly for about 30 seconds. Add the rice and cook for 1–2 minutes, coating every grain in the oil and spices.
5. Add the hot stock. Stir once to distribute the rice evenly, then resist stirring again. Season lightly with salt and pepper.
6. Close the grill lid and cook for about 12–15 minutes, rotating the pan occasionally if your grill has hot spots. The rice should be beginning to absorb the liquid but still look slightly loose.
7. Arrange the shrimp and fish over the rice, nestling them gently into the surface. Close the grill and continue cooking for another 8–12 minutes, or until the seafood is just cooked through and the rice is tender.
8. Increase the heat slightly for the final 1–2 minutes, listening for a gentle crackle from the bottom of the pan. This creates the prized socarrat—the thin layer of crisp, caramelized rice. Avoid burning it.
9. Remove the pan from the grill. Cover loosely with a clean kitchen towel and let rest for 5–10 minutes.
10. Sprinkle with chopped parsley and serve with plenty of fresh lemon wedges.