## FAST & FRESH: Dinner in 35 minutes

## Saffron Rice with Calamari & Blistered Green Beans

## Serves 4

If you're not a fan of squid, substitute with peeled and deveined shrimp (look for American shrimp for best environmental practices).

Serve with a salad.

## The rice

oil

1 tablespoon extra virgin olive

Pinch saffron threads
½ to 1 teaspoon kosher salt
The beans & calamari

12 ounces to 1 pound calamari tubes and tentacles, precleaned

2 tablespoons extra virgin olive oil 1/4 teaspoon red chile flakes

2 cloves garlic, peeled and slightly crushed 8 ounces green beans, trimmed

Kosher salt, to taste

Freshly ground black pepper, to

heat. Saute the onion until mostly tender, about 5 minutes, stirring occasionally. Add the paprika and cook, stirring constantly, for another 2 minutes. Add the rice and stir until the grains are opaque, about 2 minutes. Add the broth, saffron and salt and bring to a boil. Reduce to very low, cover

For the beans & calamari: Cut the calamari tubes into 1-inch rings. Cut the tentacles below the

and cook 18 minutes. Remove

from heat and let rest, still cov-

ered, 5 minutes.

Add the chile flakes and garlic. Stir until fragrant, 1 minute, then increase heat to high and add green beans. Stir until browned, about 2 minutes, then cover, reduce heat and let steam until crisp-tender, 2 minutes. Increase heat to high, add the calamari and stir-fry until opaque, 2 minutes. Discard the garlic.

Heat the olive oil in a large skillet.

garlic.
Season with salt and pepper to taste, then add the rice. Add lemon juice to taste, stir to incorporate the juices, and serve.