

Paella de Montana

Ingredients: Chicken, pork, sausage, rice, peppers, tomatoes, garlic, olive oil, saffron, peas, aioli, crispy onions.

Calories: 600-900

Carbohydrates: 62g

Fat: 44g

Protein: 71g

Spanish Meatballs

Ingredients: Chicken, beef, tomatoes, onions, garlic, cheese, olive oil, breadcrumbs, peas, carrots, crispy onions, rice.

Calories: 550-850

Carbohydrates: 51

Fat: 42g

Protein: 68g

Chicken Ratatouille

Ingredients: Chicken, peppers, tomatoes, onions, eggplant, zucchini, yellow squash, garlic, olive oil, basil, rice.

Calories: 600-800

Carbohydrates: 46g

Fat: 33g

Protein: 72g

Empanadas de Chorizo

Ingredients: Pork, peppers, tomatoes, onions, garlic, olive oil, saffron, cheese, corn, aioli.

Calories: 400-800

Carbohydrates: 32g

Fat: 30g

Protein: 14g

Diablo Pasta

Ingredients: Pasta, beef, tomatoes, onion, chipotle, garlic, cheese, olive oil,

Calories: 900-1200

Carbohydrates: 72g

Fat: 56g

Protein: 52g

Chicken & Cheese Enchiladas

Ingredients: Chicken, cheese, corn flour, tomatillo sauce, onion, garlic, cilantro, sour cream, rice, beans

Calories: 750-1100cal

Carbohydrates: 70g

Fat: 37g

Protein: 50g