



# Seafood Paella

## INGREDIENTS

- 3 tbsp olive oil
  - 1 brown onion, diced
  - 1 green capsicum, seeded, diced
  - 2 garlic cloves, minced
  - 1 tsp sweet paprika
  - 1 tbsp smoked paprika
  - 1 tbsp cumin ground
  - 1 tsp chili flakes
  - 1 tomato, diced
  - 2 tbsp tomato paste
  - 300g Arborio rice
  - 600ml fish stock
  - 30g green peas
  - Juice of 1 lemon
  - Parsley finely chopped for garnish
  - Salt and pepper for seasoning
- Saffron wine mix**
- 1 tsp saffron threads
  - 120ml white wine
- Protein**
- 1 chicken thigh, cut into 8 pieces
  - 125g chorizo, sliced
  - 1 squid, cut in small rings
  - 4 prawns
  - 1 snapper fillet
  - 6 large mussels



Serves: 4



Prep Time: 20 min



Cooking Time: 25 min

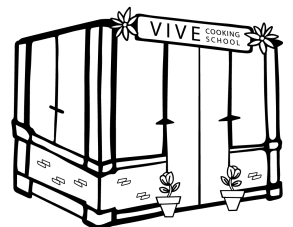
## METHOD

1. In a saucepan over medium heat, bring the stock to a gentle simmer and maintain over low heat.
2. Cut the chicken thighs in 8 pieces and chorizo in 1cm slices. Clean the squid and slice it into rings, leaving the tentacles whole. Cut the snapper into 2cm pieces. Peel the prawns and devein (keeping the head and tail on). Debeard the mussels.
3. Heat up the paella pan until hot. Add the chicken, chorizo and oil. Season and cook until browned. Using a slotted spoon, transfer the chicken and chorizo to a bowl and set aside.
4. In the pan with the remaining oil, add the onions and capsicums and sauté over medium heat until the onion is translucent and beginning to brown. Add the garlic, stir for a minute before pushing the ingredients to one side of the pan, then add all the spices to the bottom of the pan. Quickly add tomato paste and diced tomatoes. Mix all ingredients together.



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5. Add the rice to the pan and mix slightly (be sure not to stir too much once rice is in). Once rice is hot, add white wine and saffron. Reduce by half, then add back the chicken, chorizo and fish stock. Season with salt and pepper.
6. Bring to the boil, turn the stove to medium heat and cover with a lid for 12 minutes.
7. After 12 minutes, add the mussels, prawns, fish and squid. Cover with lid and cook for a further 5 minutes.
8. Remove from the stove, open the lid and top with peas, lemon juice and chopped parsley.

### Pro tips:

- When rendering the chicken and chorizo, avoid stirring them in the pan. Let them cook and brown before cooking the other side of the protein.
- When cooking the spices, be mindful not to burn the spices. You should not cook the spices for more than a minute.
- As soon as all your stock is added to the paella, you should avoid stirring the contents in the pan.
- Squeeze the lemon after you turn off the heat to prevent the lemon juice from having a bitter taste.



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