

PAELLA - SHOPPING LIST

PANTRY ITEMS



- Olive Oil - 3 tbsp
- White Wine - 120 ml
- Tomato Paste - 2 tbsp
- Sweet Paprika - 1 tsp
- Smoked Paprika - 1 tbsp
- Cumin Ground - 1 tbsp
- Chili Flakes - 1 tsp
- Saffron threads - 1 tsp (can be replaced by ½ tsp turmeric. Please note it will affect the taste slightly)
- Fish or Chicken Stock - 600 ml
- Arborio Rice - 300 g
- Salt and Pepper for seasoning



FRESH PRODUCE

- Green Capsicum - 1
- Tomato - 1
- Brown Onion - 1
- Garlic Cloves - 2
- Lemon - 1
- Green Peas - 30 g (they can be frozen ones)
- Flat Leaf Parsley for garnish

MEAT

- Chicken Thigh - 1
- Chorizo - 1

FISH

- Small Squid - 1
- Prawns - 4
- Red Snapper Fish Fillet - 1
- Mussels - 6
- Small Octopus - 1 (optional)

VEGETARIAN OPTION

- 1/2 cauliflower to replace meat and/or fish
- Replace fish or chicken stock with vegetable stock

(serves 4)

