

Paella



Ingredients

1 onion	750ml stock (1 x veg or chicken stock cube)
1-2 clove/s garlic	250g rice
1 red pepper	25g frozen peas
1 chicken breast (or 4 thighs)	100g mixed cooked seafood (e.g. prawns, mussels and squid), optional
1 x 15ml oil	
1 x 5ml spoon turmeric	
1 x 5ml spoon paprika	

Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - chop and deseed the red pepper.
2. Remove any skin from the chicken, then dice into chunks with a fresh knife on a clean chopping board.
3. Fry the onion and pepper in the oil for 5 minutes.
4. Add the garlic, turmeric and paprika and cook for a further 2 minutes.
5. Add the diced chicken and cook until it turns white.
6. Pour in the stock, bring to the boil and cook for 5 minutes.
7. Add the rice.
8. Bring to the boil, and then allow to simmer for 15 minutes.
9. Stir in the frozen peas and seafood, and cook for a further 5 minutes.

Top Tips

- Turmeric is used in this recipe as Saffron is expensive.
- Why not add some chopped chorizo for a Spanish feast?
- Add extra vegetables such as tomatoes.
- Serve the paella with wedges of lemon.

Skills

- Using a knife ✓
- Measuring ✓
- Using the hob ✓
- Handling raw meat ✓

