Paella

Ingredients

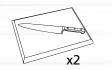
- 1 onion
- 1-2 clove/s garlic
- 1 red pepper
- 1 chicken breast (or 4 thighs)
- 1 x 15ml oil
- 1 x 5ml spoon turmeric
- 1 x 5ml spoon paprika

750ml stock (1 x veg or chicken stock cube)

- 250g rice
- 25g frozen peas
- 100g mixed cooked seafood (e.g. prawns, mussels and squid), optional



Equipment









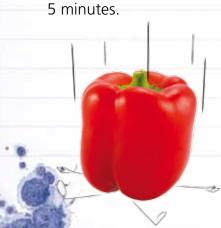






Method

- 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