

Chicken And Seafood Paella



Ingredients:

250g Tilda Pure Basmati Rice
700ml Fish Stock (made with 1½ Cubes)
2 Bay Leaves
½ tsp Turmeric
½ tsp Mixed Herbs
100g Frozen Peas
3 tbsp Olive Oil
1 Onion, roughly chopped
2 Garlic Cloves, crushed
½ tsp Dried Chilli Flakes
1 Red Pepper, deseeded and diced
250g Chicken Breast, cut into bite-sized pieces
100g Cooked King Prawns
100g Cooked Mussels
125g Raw Scallops
1 tbsp Fresh Lemon Juice

Directions:

1. Rinse the rice three times in cold water and drain well. Place the fish stock in a large saucepan, bring to the boil and add the bay leaves, turmeric and mixed herbs.
2. Add the rice and cook over a low heat for 16 minutes, stirring occasionally. Add the frozen peas and cook for a further 4 minutes until the stock is absorbed and the rice is cooked. Remove the bay leaves.
3. Meanwhile, heat the oil in a large non-stick frying pan over a medium heat and add the onion, garlic and chilli flakes. Fry for 2-3 minutes.
4. Add the red pepper and cook for a further 4-5 minutes, then add the chicken and fry for 6-7 minutes.
5. Stir in the prawns, mussels and scallops and heat through gently for 4-5 minutes to ensure the scallops are cooked through. Add the seafood and vegetable mixture to the rice and stir gently to combine.
6. Add the lemon juice and serve immediately.

Prep Time: 5 mins. **Cooking Time:** 30 mins

Nutrition:

Each serving contains (serves 4):

450 cals, 14.2g fat, of which 2.9g saturated fat, 3.1g added sugar, 2.2g salt



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