

# Spanish Paella

Serves 6, 480 cal each.

## Herb Blend:

- 1 cup chopped fresh parsley
- 1/4 cup fresh lemon juice
- 1 tablespoon extra virgin olive oil
- 2 large garlic cloves, minced

## Paella:

- 1 cup boiling water
- 1 pinch saffron threads
- 500ml - 750ml chicken stock
- 6 unpeeled jumbo shrimp (or 12 prawns)
- 4 skinned, boned chicken thighs, cut in pieces
- 2 links Spanish chorizo sausage (about 6 1/2 ounces)
- 1 teaspoon extra virgin olive oil
- 2 cups finely chopped onion
- 1/2 cup finely chopped red bell pepper
- 1/2 cup finely chopped green bell pepper
- 1/2 cup finely chopped yellow bell pepper
- 1 cup canned diced tomatoes, juice included
- 2 red tomatoes, diced chunky
- 1-2 teaspoons of paprika (less for mellow, more for a bit of a "kick")
- 3 large garlic cloves, minced
- 2 cups uncooked brown rice (medium grain)
- 1 cup frozen green peas
- 1/4 cup fresh lemon juice
- Lemon wedges (optional)



Combine saffron and boiling water in a heatproof jug. Stand for 5 minutes. Meanwhile, heat oil in a 28cm (base) deep frying pan over medium-high heat. Add chicken. Cook, stirring, for 5 minutes. Transfer to a bowl. Add chorizo, onion and garlic to pan. Cook, stirring, for 5 minutes or until onion has softened. Add saffron mixture and paprika. Cook, stirring, for 1 minute or until fragrant. Add tomato and canned tomato. Cook, stirring, for 5 minutes or until softened. Add rice. Stir to coat. Add stock making sure the rice is covered. Bring to the boil. Reduce heat to medium. Return chicken to pan. Simmer, uncovered (without stirring), for 20 minutes or until stock has absorbed. Check the top rice, it should be just cooked, if not, add a bit more hot stock. Top rice with prawns and peas. Cook, covered, for 10 minutes or until rice is tender. Sprinkle with the herb blend. Serve with lemon wedges.