

Delicious Dinners

Perfect Paella



Originating in Valencia, this traditional rice dish is now popular all over the world. By tradition, paella is cooked over a fire in a special pan and contains ingredients such as saffron, chorizo and rabbit; this version provides a healthier, easier to prepare tasty alternative.

Chicken Paella

Ingredients:

200g paella or Arborio rice
Olive oil (for frying)
1 onion (chopped)
1 red pepper (sliced)
1 clove of garlic (crushed)
1 teaspoon of turmeric
50g peas
Tin of chopped tomatoes
1 tablespoon tomato puree
500ml stock (vegetable or chicken)
250g cooked chicken (chopped)
Parsley (chopped)

Equipment:

Saucepan
Wooden spoon
Knife



Method

1. Heat the oil in a pan and fry the onion until soft
2. Add the garlic, turmeric, pepper and rice and cook for 3 minutes
3. Add the tomatoes, stock and tomato puree
4. Simmer until the rice is cooked and the stock has been absorbed
5. Stir in the chicken and peas and warm through
6. Sprinkle with parsley and serve

Variations

Vegetarian Paella

Substitute the chicken for extra pepper and artichoke hearts. Carefully remove the outer leaves of the artichoke to expose the heart. Cut through the leaves at the top to separate the heart, quarter and rub with a slice of lemon. Add to the pan with the tomatoes.

Seafood Paella

Swap the chicken for seafood of your choice such as prawns, mussels, squid or even lobster.

Get Creative!

Paella can be made with any seasonal meat or vegetables so use the basic recipe above and adapt it to your own taste! Try adding turkey, ham, courgettes, aubergines or mushrooms for a different take on a classic dish.