



Seafood Paella



Serves 6 Cooking Time: 50mins Prep Time: 20mins

Ingredients

- 2 Cloves Garlic, chopped fine
- 125ml (1/2 cup) Extra Virgin Olive Oil
- 1 ½ finely diced Brown Onions
- 5-7 sprigs Fresh Thyme
- 1 ½ Red Capsicums, diced
- 2 Chorizos, thickly sliced
- Salt
- 5 medium Tomatoes, peeled, deseeded & diced
- 400g Arborio Rice
- 1.3 litres Fish Stock mixed with 1 tbsp Tomato Paste
- 400g Calamari pieces, cleaned
- 15 large Green prawns, peeled, leave tail on
- 60ml (1/4 cup) fish stock mixed with good pinch Saffron
- 12 Mussels, washed
- 600g Clams (if not available, add more mussels)
- ¼ cup Parsley, chopped
- Lemon Wedges (optional)

Directions

You will need a large paella pan that is about 4cm at the base for the this recipe.

Place the pan on a low heat. Add oil and tilt pan to spread. Add the onion and stir. Add thyme and cook for approx. 4 - 5 minutes.

Add Garlic and cook for 1 minute. Add capsicum and season with a pinch of salt then add chorizo. Stir briefly and cook for 8-10 minutes.

Add the tomato and stir. Then cook for another 2-3 minutes. Add rice and stir for 2 minutes. Add the fish stock with tomato paste and cook for 5-10 minutes then add saffron fish stock mix.

Add calamari and cook for 2 minutes. Place the prawns neatly on top along with mussels and clams and simmer until the shells open. (you may need to dig them in slightly, so they cook). The seafood should be cooked and rice tender. You can then remove some of the mussels from their shells and place in rice. You can also do this with some of the clams.

It is a goof idea to cover the paella with foil for the last 5 minutes of cooking and then for a further 5 minutes after cooking. This gives the seafood time to finish cooking and for the remaining stock to be absorbed by rice.

Add plenty of chopped parsley and serve.