

Seafood Paella

Serves 4 to 6

Ingredients:

Olive oil
4 cups fish/chicken stock
1tsp saffron threads
2tsp paprika
600g king prawns - peel and deveined
300g white fish fillets
200g baby squid - cleaned, sliced into rings
16 - 20 mussels – de-bearded and washed
1 onion
3 crushed garlic cloves
4 cups Arborio rice
4 tomatoes
1 to 2 cups peas
Grated cheese - to serve
Salt and pepper - to taste
Lemon wedges and juice - to serve
Parsley to serve

Method:

1. Combine stock, one cup of cold water and saffron in a medium saucepan over medium heat. Bring to the boil. Cover and reduce heat to medium-low. Keep at a simmer.
2. Heat 1 tablespoon oil in a pan or wok over medium-high heat. Add fish and cook for 1 minute each side or until light golden. Transfer to a plate. Add remaining 1 tablespoon oil to pan. Add onion and garlic. Cook for 5 minutes or until soft. Add rice, tomatoes and paprika. Stir to combine. Using a spoon, spread mixture evenly over base of pan.
3. Add half the stock mixture to frying pan and bring to the boil over high heat. Reduce heat to medium. Cook for approx 10 minutes or until stock is absorbed.
4. Add prawns, squid and mussels, Add 1/2 cup stock mixture and cook until all liquid is absorbed. Repeat with remaining stock mixture, 1/2 cup at a time, adding fish and peas with the last 1/2 cup stock (this will take 15 to 20 minutes). Remove from heat. Stand, covered, for 5 minutes. Season with pepper, grated cheese, squeeze of lemon juice, lemon wedge and parsley.