



Energy per serving - 379kcal  
Carbs - 43g | Protein - 22g | Fat - 12g

# PROTEIN-PACKED PAELLA

A TASTE OF RUSTIC SPAIN - REAL COMFORT FOOD

2 tablespoons olive oil

half a chorizo ring, chopped into rounded slices.

500g mixed seafood

1 medium red onion, diced

3 cloves of garlic, finely chopped

1 red pepper & 1 yellow pepper, diced

1 can chopped tomatoes

1500ml chicken stock

1/2 glass of red wine

250g spanish paella rice

1 tbsp ground turmeric, 1 tbsp paprika, 1 tsp cayenne pepper

- 1** Heat the oil in a large, deep frying pan. Add the onion and garlic, cook on a medium heat until the onion softens. Add the red pepper and cook for 5 mins.
- 2** Add the chorizo, continue to fry for a further 2-3 mins. Add the spices, stirring until they have combined well with the mixture. Throw in the rice and cook for 1-2 mins, stirring throughout.
- 3** Pour in the wine, and then the chopped tomato, stir through. Add enough chicken stock to slightly more than cover the mixture. Bring to the boil and simmer for at least 25 mins.
- 4** Stir the mixture frequently, reducing the heat of the hob to ensure the bottom of the mixture doesn't burn. Taste the rice towards the end of the 25 mins and when softened, add the seafood. Cook for a further 5 mins, adding more chicken stock if needed. Serve when ready.