

Seafood Paella

Measurements	Ingredients
450 gr	fish stock
2 tbs	saffron threads
2 tbsp	olive oil
250 gr	firm fish fillets(#)
2	garlic cloves
1	brown onion(#)
200 gr	arborio rice
2	tomatoes(#)
2 tbs	paprika
500 gr	king prawns(#)
150 gr	baby squid(#)
12	mussels(#)
150 gr	frozen peas

(#) 1)Fish: such as blue eyes. 2)Onion: finely chopped. 3)Tomato: peeled, desseded, diced. 4)Prawns: peeled, deveined. 5)Squid: cleaned, cut into 1cm ring. 6)Mussels: scrubbed, debearded

Combine stock, 1 cup cold water and saffron in a medium saucepan over medium heat.
Bring to boil.
Cover and reduce heat to medium-low.
Keep at a simmer.
Use up fish bones in this homemade stock.
Meanwhile, heat 1 tablespoon of oil in a 24cm (base) non stick frying pan over medium-high heat.
Add fish and cook for 1 minute each side or until light golden.

Transfer to a plate.

Add the second tablespoon of oil to the pan then add the 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 the base of the pan.

Add half of the stock mixture to the frying pan and bring to the boil.

Shake the pan to spread mixture across (do not stir).

Reduce heat to medium. Cook, uncovered, without stirring, for 10 minutes or until stock is absorbed.

Add the prawns, squid and mussels, pressing into rice mixture.

Add 1/2 cup of the stock mixture and cook until all the liquid is absorbed.

Repeat with the remaining.

Macros

Fat 6.3 gr

Protein 36 gr


Carbs 40 gr

Fiber 2.3 gr

Sugar 2.2 gr

Kcal


369 per serving



prep time
20 min.



cook time
35 min.



serving
4 servings