

SPANISH PAELLA WITH PRAWNS

EUROPE
/ SPAIN

ORIGINS

Created in the region of Valencia on Spain's east coast during the 15th century, Paella was named after the Catalan word for 'pan'. Fieldworkers made a simple way to cook the locally grown rice whilst in the fields. The rice was flavoured with saffron and paprika and, on special occasions, meat like duck or chicken. Given the region's proximity to the Mediterranean Sea, the addition of seafood became a staple.



4



10 min



45 min



WHAT YOU NEED

- 1/2 pkt (15 g) Spanish spice
- 500 g raw shelled prawns
- 1 onion, chopped
- 1 capsicum, sliced
- 1 tomato, chopped
- 200 g frozen peas
- 2 cups paella rice*
- 1 l chicken stock
- 1 lemon

HOW TO MAKE

①

Sauté onion and capsicum, 5 min. Add spice, sauté 1 min. Stir in rice sauté 3 min .

②

Add 500 ml stock and tomato cover & cook on low heat for 25 mins.

③

Add remaining stock, prawns & peas, cook on low 10 min, till liquid fully absorbed.

④

Turn up the heat and create a crispy crust on the bottom of the pan.

HOW TO SERVE

Season with 2 tbsp lemon juice and garnish with fresh lemon wedges and parsley

HINTS & TIPS

SIDES & CONDIMENTS

Crispy green salad*

Small Cos lettuce

1 tbsp Freshly grated Parmesan

2 tbsp Toasted pine nuts

Dressing: mix 2 tbsp olive oil, 1 tsp dijon mustard,

1 tbsp lemon juice & season with salt & pepper

Combine all ingredients in a bowl.

SWAPS & ALTERNATIVES

veggie combos: use roasted red pepper instead of fresh capsicum for a sweeter smoky flavour.

Reduce meat: 250g prawns + 250g cooked fava or butter beans.

Alternative: Paella rice*= any short grain rice will work.

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