

Seafood Paella

Cuisine: N/A

Recipe Type: International

Cooking Time:

Serving: 10 Peoples

Ingredients:

- Fish stock, 2 L
- ¼ Teaspoon Saffron, 1 g
- ¼ Cup olive oil Virgin Olive Oil, 55 mL
- 2 Large, finely chopped Onion, 300 g
- 8 Cloves garlic, crushed Garlic, 30 g
- 2, Finely chopped Red pepper, 300 g
- 750g Paella rice Rice, 750 g
- 4 Teaspoons smoked paprika Paprika, 20 g
- [Buitoni® Tomato Coulis](#), 750 g
- 3 Squid tubes, cleaned and cut into rings Squid Tubes, 400 g
- midium Green king prawns, peeled and deveined 1 kg
- 30-20 Mussels, scrubbed and de-bearded Mussels, 300 g
- Firm white fish fillets, cut into pieces Fish fillets, 500 g
- 1 Cup Frozen Peas, 170 g
- Lime, wedges to serve 20 g

Nutritional Information:

- Energy (kcal)*443 kcal*
- Protein (g)*16 g*
- Fats, total (g)*9 g*
- Carbohydrate, total (g)*82 g*
- Sugars, total (g)*7 g*
- Fats, saturated (g)*2 g*
- Fiber, total dietary (g)*5 g*
- Sodium (mg)*351 mg*
- Calcium (mg)*31 mg*
- Cholesterol (mg)*17 mg*
- Iron (mg)*5 mg*
- Vitamin A, IU*1312 IU*
- Vitamin C (mg)*45 mg*
- Vitamin D (µg)*0 IU*

Procedure:

1 Bring the stock to the boil, add the saffron and set aside on a low heat.

2 Heat the oil in a large paella pan or frying pan, over medium heat. Add the onion, garlic and diced peppers and cook for 5 minutes, until softened. Add the rice and smoked paprika, stirring well to combine

3 Stir in the Buitoni® Tomato Coulis and add half of the stock mixture to the frying pan, bring to the boil

over high heat. Shake pan to spread mixture across the pan but do not stir. Reduce heat to medium. Cook, uncovered for 10 minutes or until the stock is absorbed

4 Arrange the squid, prawns and mussels into the rice mixture. Add $\frac{1}{3}$ of the remaining stock and cook until all the liquid is absorbed. Repeat with the remaining stock, $\frac{3}{4}$ cup at a time, adding the fish and peas with the last $\frac{3}{4}$ cup of stock

5 Remove from heat. Stand, covered for 5 minutes. Season with freshly ground black pepper and serve garnished with lemon wedges