



# Seafood Paella

## Ingredients

Serves 6

8-10 Raw King Prawns (peeled & de-veined)  
300g firm fish fillets  
8-10 whole mussels  
2 squid tubes (sliced into rings)  
8-10 scallops  
½ cup olive oil  
1 large onion, diced  
3 cloves garlic, chopped  
1 small red capsicum, diced  
1 small red chilli, (de-seeded)  
2 tomatoes, peeled and chopped  
1 tablespoon tomato paste  
1 teaspoon ground turmeric  
2 teaspoons paprika  
2 cups long grain rice  
½ cup white wine  
5 cups fish stock  
Italian parsley, chopped



## Method

Peel and de-vein prawns, cut fish fillets into 3 cm cubes, scrub mussels and remove beards. Cover seafood and refrigerate until ready to cook. Heat oil in a non-stick paella pan or large, deep, frying pan with a lid. Add onion, capsicum, chilli and garlic and cook until soft. Add paprika, turmeric and a teaspoon of salt and stir fry for 1-2 minutes. Add tomato and cook until soft, then add tomato paste and stir in the rice.

Pour in wine and simmer until absorbed. Add fish stock, then bring to boil, reduce heat and simmer for 20 minutes (until almost all the liquid has been absorbed by the rice). Add the mussels,

cover and cook over low heat for 2-3 minutes. Add prawns and cook for 3 minutes, add fish and cook for 2-3 minutes, then add squid and cook for 1-2 minutes. Check to see that all the mussels have opened and discard any that remain closed.

Do NOT overcook the seafood - the fish should break with a fork, prawns should have turned pink and squid should be white. Overcooking will make the seafood tough and dry. Sprinkle with chopped parsley and serve with lemon wedges, crusty Italian bread, a green side salad and a crisp, chilled white wine.

*Quality Seafood delivered to your door*