

Paella

1 cooked chicken breast

50g chorizo sausage

1 clove garlic

250g Paella/long grain rice

1 red pepper

1 onion

1 tbspn oil

1 tspn dried thyme

1 tspn smoked paprika

1 chicken stock cube with 750ml boiling water

25g frozen peas

Optional - 100g mixed cooked seafood (eg prawns, mussels, squid)



Method

1. Cut the chicken and the sausage into small bite size pieces.
2. Finely chop the onion
3. Peel and crush the garlic.
4. De- seed and chop the pepper
5. Heat the oil in a large saucepan or large frying pan.
6. Add the onion, garlic, chorizo and pepper, cook for 5 minutes
7. Stir in the rice and fry for 1 minute
8. Stir in the thyme and smoked paprika
9. Pour in the stock and cook for a few minutes.
10. Add the chicken and bring to the boil.
11. Reduce the heat and simmer the mixture for 20 minutes stirring frequently until all the liquid has been absorbed and the rice is cooked. **Be careful not to let the rice stick to the base of the pan and burn.**
12. Stir in the frozen peas and seafood and cook for a further 5 minutes

Storage instructions Allow to cool. Place in the fridge. 0-5°C for up to 3 days, reheat only once and reheat to 75°C. It can be stored in the freezer, cover with foil when cold and it will last for up to 3 months.