

Spanish Paella

100g chorizo, sliced
300g prawns cutlets
2 chicken thighs, diced
1 garlic clove, crushed
1 small onion, diced
3/4 cup medium grain rice
1 tin Italian diced tomatoes
1 pinch saffron
1 tsp sugar
2 tsp smoked paprika
300ml chicken stock
75g green beans, cut into 1cm pieces
1 small red capsicum, diced
3 parsley sprigs
1 lemon

Heat 1 some olive oil in a large non-stick pan over a medium heat. Add onion, garlic and paprika then stir and cook for 2 minutes. Add the chorizo and chicken and brown on all sides. Add rice, 1/2 tin of diced tomatoes, capsicum, saffron, sugar and stock. Stir and season to taste. Bring to the boil and then reduce to a low heat, cover with a lid and cook for 15 minutes. Add the prawns and beans, but do not stir. Cook for another 8-10 minutes with the lid on until the beans are to your liking and the rice has absorbed all liquid. Plate and sprinkle with roughly chopped parsley and a squeeze of lemon.

