



Seafood Paella

You will need

4 tablespoons olive oil
2 medium/300g onions, diced
1 tablespoon garlic paste
1 tsp red chili powder
2 tablespoons paprika powder
2 medium/300g tomatoes, peeled and chopped
2 cups or 400g Basmati Rice
2 ½ cups of water
750g fish fillets, skinless
½ kg shrimps, peeled and divided
2 cups chicken stock
1 capsicum, diced
Salt to taste
A pinch of yellow color

For the Seafood Marinade

2 teaspoons garlic
2 lemons
1 teaspoon black pepper
½ teaspoon red chili powder
1 tablespoon butter
½ tsp salt
Marinate the fish and prawn and leave them for 15-20 minutes.
Shallow fry them in a pan until the meat is tender. Place them in a separate platter.

For Cook

Warm the olive oil in a large pan, add onions, garlic, red chili powder and capsicum. Cook over medium heat while stirring for 3-4 minutes or until the onions become tender.
Add the yellow color and the paprika, stir for a minute. Then add tomatoes and rice and cook while stirring for 2 minutes. Add the chicken stock and bring it to a boil. Cover and cook over low heat and let it cook till the rice is almost done. Put in the shrimps and mix them well in the rice. Wait until the rice is done.
Serve them in a dish and place the fish fillets neatly on the rice.

6 servings, Total cooking time 30 min