



Spanish Paella Recipe

Information:

Recipe Serves: 6

Happy Calories: 0

Preparation Time: 25 mins

Cooking Time: 40 mins

Nut Free, Gluten Free

Ingredients:

Amount:

Onion	1
Garlic Cloves	3
Red Pepper	1
Paella Rice	250g
Lemon	1
Chicken Breast	2
Long Stemmed Broccoli	75g
Mange-tout	75g
Garden Peas	75g
Vegetable Stock (gluten free)	600ml
Boiling Water	450ml
Saffron	Large Pinch
Flat Leaf Parsley	Small Handful
Paprika	2tsp
Low Calorie Cooking Spray	1 Bottle
Sea Salt	To Taste
Cracked Black Pepper	To Taste

Instructions:

Prepare the vegetable stock according to instructions, add the saffron and leave to infuse

Slice the chicken into 2cm cubes

Place a frying pan on medium heat, spray with low calorie cooking spray

Add the chicken, fry on each side for a few minutes until cooked, add 1tsp of paprika and season with salt and pepper

Remove from the pan and leave to one side

Finely dice the onion and garlic, add to the pan fry for 5 minutes

Finely dice the pepper and add to the pan with the remaining paprika

Add the rice and pour in the vegetable stock

Gently stir and add the boiling water

Add the broccoli and mange-tout, cover and cook for 10 minutes
Stir occasionally

Add the peas and chicken, cover again and leave to cook for 5 minutes

Remove from the heat. The rice should have absorbed most of the liquid, replace the lid and leave for 5 minutes

Garnish the Paella with finely chopped parsley, and lemon wedges

Buen Provecho! (that's Spanish for Bon Appetit, which is French for enjoy your meal)

