

# Paella Recipe

## Ingredients

1 onion  
2 cloves garlic  
1 red pepper  
1 chicken breast  
1tbsp oil  
1 tsp turmeric  
1 tsp paprika  
1 chicken stock cube  
250g rice  
25g frozen peas  
100g mixed cooked seafood (e.g. Prawns, mussels and squid), optional

## Method

1. Prepare food handler.
2. Prepare the vegetables:
  - Peel and dice onion
  - Peel and crush garlic
  - Chop and deseed pepper
3. Dice chicken into 2cm pieces
4. Fry the onion and garlic in oil for 5 min's
6. Add the diced chicken and seal.
7. Add pepper, turmeric and paprika and cook for 2 more minutes on a medium low heat.
8. Pour in the stock and bring to the boil.
9. Add rice to the saucepan. Simmer for 15 min's
10. Add the peas and cook for 2 more min's

