

Recipe – Chicken and Vegetable Paella

Equipment

A large frying pan with lid, big enough to hold 3 litres, chopping board, sharp knife, teaspoon, wooden spoon or spatula, large plate & measuring jug

Ingredients

2 tbs vegetable oil
300g skinless chicken, cut into bitesize chunks
1 large onion, peeled and roughly chopped
110g chorizo, cut into small chunks (optional or add an extra 100g of chicken)
2 peppers, ideally different colours, cored and cut into large chunks
2 fat garlic cloves, peeled and chopped
1.5 - 2 tsp smoked paprika
225g paella rice, but you can use risotto or long grained rice
1 chicken stock cube
800ml boiling water
2-3 tomatoes, each cut into 6 wedges
85g frozen peas (a generous handful)
Salt and pepper
Lemon, cut into wedges to serve (optional)

Method

1. Heat one tablespoon of oil in the frying pan over a medium high heat. When the oil is hot carefully add the chicken and fry for 2-3 minutes, stirring regularly, until the chicken is sealed and slightly coloured. Transfer to a large plate for later.
2. Return the pan to the heat and add the second tablespoon of oil. Add the onion and fry for 2-3 minutes before adding the chorizo. As the chorizo fries red oil runs into the pan, this adds flavour and colour to the dish. Keep stirring the onion and chorizo for 3-4 minutes until it colours.
3. Next add the peppers, garlic and fry for 2 minutes before stirring in the smoked paprika. The paprika may stick to the pan, don't panic, add the rice and stir well so the rice is well coated. Pour in the boiling water, this will help lift any paprika stuck to the bottom of the frying pan. Crumble the stock cube into the pan and add the tomato wedges, season with black pepper and a little salt, then stir everything and allow to simmer gently (uncovered) for 10 minutes. Reduce the heat if the pan bubbles too fiercely.
4. After 10 minutes, the rice should have absorbed some of the water; stir in the sealed chicken. Bring back to a simmer, cover the pan and cook for 5 minutes.
5. After 5 minutes stir in the frozen peas, replace the lid and cook for a final 5-8 minutes until the chicken is cooked. To check the chicken is cooked, simply cut a piece in half; cooked chicken will be completely white. Uncooked chicken will be slightly pink and transparent.
6. As the paella rice cooks it should absorb most of the water. If it's too running, continue to cook uncovered for a few minutes until the excess water evaporates.
7. Check the seasoning, adding more salt and pepper if required.
8. Serve with lemon wedges.

Great served with boiled rice or jacket potatoes.

You can use this recipe as a base. Why not try:

Adding prawns or raw fish pieces when you add the peas.

Replace the chicken and chorizo with other vegetables for a veggie option.

Replace the chicken with diced pork or chopped bacon.

Notes

Smoked paprika is not particularly hot, but if you don't like too much spice only add 1.5 teaspoons. If you like spice add 2 teaspoons.

Chorizo can be spicy, so you may want to cut back on the paprika. You can always add a little more if you like towards the end of the cooking.