

Easy Paella



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Ingredients

- Three Chicken Breasts
- 100g chorizo, sliced
- 400g medium prawns
- One onion, chopped
- One red pepper, diced
- Half a cup of peas
- 200g mushrooms, chopped
- Three cloves of garlic, finely chopped
- Two cups of paella rice
- One chicken stock cube
- Parsley
- Paprika
- Salt and pepper
- Extra virgin olive oil

6

Serves

15 mins

Prep

50 mins

Cooking

★ ★

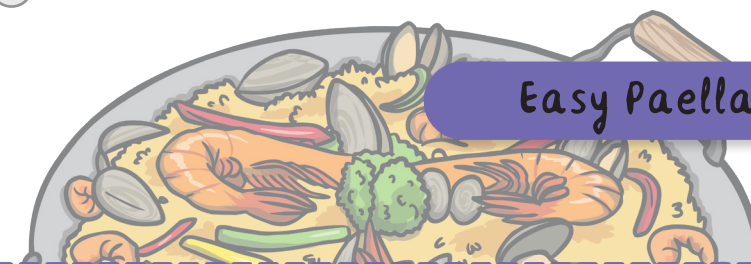
Level

Method

1. Cut the chicken up into bitesize pieces.
2. On high heat, add 2-3 tablespoons of olive oil to a large pan, fry the chicken, onion, mushrooms and red pepper, stirring frequently for about five minutes. You want them to colour, but not burn.
3. Reduce the heat to low and add the garlic and chorizo, stirring for two minutes.
4. Boil the kettle and pour 1litre of boiling water over the stock cube in a jug.
5. Add the rice and stock to the dish, and stir in well.
6. Season well with salt and pepper. Add two tablespoons of paprika.
7. Add the prawns and peas in when the rice has absorbed some of the water water.
8. Keep adding small amounts of water if you feel the dish is drying up.

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9. Cook on low heat for about 10 minutes or until all the liquid has been absorbed.
10. Dish up your paella into bowls and liberally sprinkle some chopped parsley on top of your paella.



Nutrition Value per 402g Serving

kcal	fat	sat fats	carbs	sugars	fibre	protein
576	17.6g	4.2g	32g	2.9g	1.9g	65.7g

Fun Facts

- Paella is a traditional Spanish dish.
- In Spain, paella is classed as a lunchtime meal rather than a dinner meal, as it's seen as too heavy for dinner.
- Chicken is a great source of protein, which helps fuel your energy and carry oxygen around your body.
- They also help fuel your brain, kidneys, heart muscles, and central nervous system.
- Paella contains a lot of fresh vegetables, which are a great source of Vitamin C. This helps with growth and protecting us against infections.
- Rice is hygroscopic. This means that it attracts and absorbs surrounding water molecules.



We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives, hot water and kitchen appliances which use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

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