BASCO
GOURMET SPAIN TO YOUR DOOR

Chicken and Prawn Paella



PREP TIME
20 MINS

COOK TIME
40 MINS

TOTAL TIME
60 MINS

SERVES 4 PEOPLE

EASY

Ingredients

4 tbsp of extra virgin olive oil
8 corn-fed chicken thighs, cut into bite size pieces
16 sanlucar prawns, cleaned with heads and shells taken off (use for the stock)
1 garlic clove, finely chopped
400g bomba rice
Tomato Sofrito
1 tsp smoked sweet paprika
1 good pinch of saffron strands
800ml of hot Prawn Stock
100g frozen peas
100g runner beans, cut into small pieces
2 red peppers, cut in half lengthways, core and seeds removed
Salt to taste
Lemon wedges to garnish

Method

Pre-heat your oven to 150°C/300°F/Gas Mark 5.

Place a 42cm diameter paella pan on a medium heat and add 1 tbsp of the oil. Fry the chicken thighs for 3 minutes until golden brown, remove from the pan and set aside. Add another tbsp of the oil and fry the prawn tails until brown on both sides, remove from the pan and set aside. Allow the paella pan to cool down for a couple of minutes.

In a small frying pan, gently toast for 30 seconds the saffron threads, be careful not to burn them. Place the threads into a pestle and mortar and pound them until you obtain a fine powder. Pour 2 tablespoons of hot water and mix well.

To prepare the red peppers, pre-heat your oven grill. Place all halves on a roasting tin, skin side up and brush with some olive oil. Place under the grill and cook until the skins are completely black. Remove from the heat and cover with a tea towel. Once they have cooled down, peel the skins off and cut into long strips and set aside.

Add the remaining oil to the paella pan and gently fry the garlic and runner beans for 10 seconds, add the paella rice and stir for 2 minutes on a gentle heat until the rice is slightly translucent. Add the smoked paprika and stir the rice for 30 seconds, followed by the tomato sofrito. Once the tomato has cooked into the rice, pour in the hot paella stock, followed by the saffron, chicken pieces. Season with salt and spread the rice out evenly.

Bring the pan to the boil. If you have a timer, set it to 17 minutes. Cook the paella on a high heat for the first 5 minutes until the rice rises to the surface. Check the stock for seasoning and add some more salt if necessary. Add the prawn tails, peas and peppers strips and place the pan in the oven. After 12 minutes, remove the pan from the oven. Allow the paella to rest for 5 minutes before serving.

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