

GF Friendly

Paella

a Spanish-style one-pan rice meal

The name of this dish comes from the pan that it is traditionally cooked in; but I used a wok instead and it worked well. There seems to be no fixed recipe so ingredients are a matter of personal choice. I wanted a distinct fishy flavour and I was pleased with the result; but I have made paella that tasted mainly of the various meats I'd used. I see no reason why it couldn't be made with just vegetables.

- 200g white fish fillet
- 100g cooked chicken, cut small (1.5 cm pieces)
- 100g cabana, cut in 1cm slices
- 75g peperoni, quartered lengthways and sliced (1cm)
- 170g canned crabmeat
- 1 cup cooked prawns
- 2 or 3 anchovies
- 2 sliced button mushrooms
- 1 coarsely-chopped tomato
- 1 large onion, finely chopped
- 1 red capsicum, seeded and cut in 2.5cm pieces
- 1 tsp minced garlic 1½ tps turmeric
- 1 tsp ground cumin 1 Tbsp oyster sauce
- 2-3 Tbsps extra-virgin olive oil



- 1 cup long grain white rice 2 cups water 1 tsp chicken stock powder (or 1 cube)

The rice can be cooked beforehand in the water with the stock powder mixed in - use whichever method you prefer (boiling, microwave, etc), but don't let it go mushy. When finished, flush through with cold water to remove the starch, then drain and set aside.

Put about a teaspoon of oil in the frypan and toss the cabana and peperoni for about 3 minutes over a medium heat to brown slightly, then remove the meat to drain on a paper towel. Wipe the pan with paper towel before continuing. Cut the fish into 5 cm pieces and fry in a tablespoon of oil, turning gently to cook through. Put this aside with the sausage.

Mash 2 or 3 prawns and the anchovies in a small bowl, stir in the oyster sauce, turmeric, cumin and garlic. Heat the remaining olive oil in the pan on medium, then add the mash mix and stir for 1 minute. Put in the onion and mushrooms and stir-fry for a couple of minutes. Next add the capsicum and continue cooking for a further 2 minutes. Stir in the crabmeat and the cooked, drained rice and toss for 4 minutes to heat through. Finally, put in the sausage, fish, chicken and chopped tomato. Turn these gently through the rice for 3-4 minutes until it is hot and steaming.

Serves 4 Freezes okay, but **needs heating well and right through after thawing**

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