

# PAELLA:

## Ingredients:

- 1 tbsp oil
- 1 small onion, diced
  - 1 tsp garlic
  - 1 red pepper
- 100g mixed seafood(optional)
  - 1 chicken breast
- 1 tsp turmeric and paprika
  - 1 stock cube
- 125g rice
- 25g frozen peas
- 375ml water

## Equipment:

Chopping Board	Small bowl
Sharp Knife	Fork
Saucepan	Jug
Plate	Sieve
Wooden Spoon	Plate

## Method:

1. Put rice in the sieve and rinse under cold water for 1 min. Leave over bowl to drain.
2. Peel and dice the onion
3. Deseed the pepper and dice.
4. Dice the chicken.
5. Put oil in saucepan, add onion, peppers, chicken and garlic. Fry on low heat until chicken has gone white.
6. Add the stock cube, water and spices and rice. Bring to the boil and then allow to simmer for 10 minutes.
7. Stir in peas and seafood and cook for further 5mins until rice is cooked.