



Fish Paella

For this fish paella recipe I used fresh prawns, scallops and smoked cod. The paella has a subtle smoky flavour, punctuated by the earthy flavours of pan-fried red peppers, red onions and garlic.

Quick tip: soak the saffron strands in hot water for a few minutes before adding to the rice pan. Soaking the saffron strands helps to open up the flavours of the saffron. I added frozen vegetables and baby spinach leaves to this fish paella dish to help bump up its nutritional value.

Ingredients:

300g risotto rice	Large knob of butter
200g brown rice	2 medium red onions, sliced lengthways
Or, 500g paella rice such as Calasparra	6 cloves of garlic, chopped chunky
1 litre of boiling water (or chicken stock / fish stock)	2 red peppers , rinsed and chopped
500g smoked cod loin, from sustainable sources	8 saffron strands
300g raw king prawns	2 tsp smoked paprika
300g raw scallops	4 handfuls rocket or baby spinach leaves (optional)
400g frozen mixed vegetables (optional)	Salt and pepper to taste

Method:

Soak the saffron strands for a few minutes in hot water. Bring a pan of water to the boil, add the saffron strands and saffron water and stir in the rice. If you are using risotto rice, as I did for this recipe, stir the rice around as often as possible to help the risotto rice to become sticky.

If you are using paella rice, bring the water / stock to the boil, add the rice and saffron and lightly stir so the saffron is evenly distributed. Simmer the rice for approximately 20 minutes.

While the rice is cooking, melt the butter in a large frying pan. Add the red onions and fry on a medium heat for 5 minutes. Add the garlic, peppers and smoked paprika. Cover the pan and fry on a medium heat for 10 minutes.

Once the peppers are wilting and just before the rice is ready, turn up the heat on the frying pan to medium hot and add the frozen vegetables. Lightly stir the vegetables to ensure they cook through. After adding the vegetables, add the prawns, scallops and smoked cod. Be careful not to over cook them. They will need approximately 3 minutes on each side. The cod will break up and scatter around the other ingredients. By the time the fish is cooked, the frozen vegetables should have warmed through.

Add the rice to the frying pan and combine well. Scatter the spinach / rocket leaves into the mix and serve straight from the pan.

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