

# AUTHENTIC SPANISH SEAFOOD PAELLA



**Serves:** 2

**Prep Time:** 10 minutes | **Cook Time:** 35 minutes

**Nutrition:** Calories 365, Protein 2g, Carbohydrates 11g, Fat 36g, Sodium 325mg

**Website:** SpainonaFork.com

## INGREDIENTS

3 cloves Garlic, roughly chopped  
1/2 Onion, finely diced  
1/2 Red Bell Pepper, finely chopped  
1 tube of Squid, cleaned & cut into small squares  
12 Raw Jumbo Shrimp, peeled & deveined  
8 fresh Mussels, cleaned  
1/3 cup Extra Virgin Olive Oil, 80 ml  
1/2 cup Tomato Sauce, 112 grams  
1/2 tsp Sweet Smoked Spanish Paprika, 1.30 grams  
2 1/2 cups Fish Broth, 600 ml  
1/4 tsp Saffron, threads or powder, .17 grams  
1 cup Uncooked Round Rice, 200 grams  
2 Lemon Wedges  
Handful Parsley, finely chopped  
Sea Salt & Black pepper

## INSTRUCTIONS

1. Add 1/3 cup extra virgin olive oil to your pan and put on medium-high heat.
2. Allow to heat for 1 minute then add sea salt and the cut squid.
3. Cook for 1 1/2 to 2 minutes, then remove from the pan and set aside.
4. Next, add the diced onion & chopped garlic to the pan.
5. After 1 minute, add in the chopped bell pepper and continue to mix so everything sautees evenly.
6. After 3 minutes, add in 1/2 cup tomato sauce and 1/2 tsp sweet smoked paprika, sea salt & black pepper.
7. Mix together cooking for 2 minutes. The tomato sauce should thicken.
8. Add the squid back into the pan, mix together, then add in 2 1/2 cups fish broth and the saffron.
9. Once the broth comes to a boil, add in 1 cup round rice, give it one final mix so everything is evenly distributed.
10. After 5 to 6 minutes, add in the shrimp and the cleaned mussels.
11. After another 5 minutes, lower the heat and simmer until all the broth has been absorbed by the rice.
12. Once the rice has absorbed all of the liquid, turn the heat up to medium-high for 1-2 minutes. This will create socarrat, a crusty, crispy, caramelized layer of rice at the bottom of the pan and is an essential part of paella to create a fabulous flavor which some say is the secret to an authentic spanish paella.
13. Remove the pan from the heat and cover for 5 minutes.
14. Uncover the pan and garnish the paella with lemon wedges and finely chopped parsley, enjoy!