



*Land and Sea Paella*

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**A**fter a recent trip to Barcelona where we fell in love with paella, this dish has become one of our family favourites. With saffron, paprika, fresh tomatoes, garlic, fresh seafood, green beans and parsley it is a delicious anti-inflammatory dish. This Land and Sea Paella is mainly seafood but there is a small amount of chicken and pork as I find it improves the flavor. It is not the cheapest dinner to make but I think it is worth it. Many people don't attempt cooking paella because they think it is too hard to make but this is a surprisingly simple and quick method and it will definitely impress. You can invest in a paella pan but not essential, I make this in a large, wide fry pan.

- 4 cups chicken stock**
- 2 cups water**
- ½ teaspoon saffron threads**
- 2 teaspoons refined coconut oil**
- 1 red onion, finely chopped**
- 2 garlic cloves, crushed**
- 2 cups arborio rice (or bomba rice, traditional Spanish paella rice, if you can get it)**
- 2 tomatoes, diced**
- 2 teaspoons smoked paprika**
- Celtic sea salt and pepper**
- 1 skinless chicken thigh, cut into 3 x 1 cm strips**
- 1 pork butterfly steak, cut into 3 x 1 cm strips**
- 250 g fish fillets (such as orange roughy), cut into 3 x 1 cm strips**
- 12 medium king prawns, peeled**
- 12 mussels, scrubbed, debearded**

- 12 pipis**
- Small handful of green beans**
- Small handful of chopped parsley**
- 4 lemon wedges**

Combine stock, water and saffron in a medium saucepan and bring to a boil. Cover and reduce heat to low, keeping it at a simmer. Using a large, wide fry pan over medium to high heat, add 1 of the teaspoons of coconut oil and cook the onion and garlic until soft. Once softened, add the rice, diced tomatoes, smoked paprika and gently season with salt and pepper. Stir the mixture to ensure an even coating over the rice. Add half the stock mixture to the frying pan and bring to the boil using a medium to high heat, then reduce heat to medium. Leave the pan covered and cook for around 15-20 minutes or until stock is absorbed, mixing every few minutes. Meanwhile, in a separate pan, fry the chicken and pork with the second teaspoon of coconut oil on high heat and add a sprinkling of salt and pepper. Cook for a few minutes until just cooked. Mix the chicken and pork into the rice mixture as well as the fish. Next place the mussels around the pan pressing gently into the rice mixture. Add half the remaining stock mixture and cook covered until the liquid is absorbed. Add beans, prawns and pipis pressing gently into rice mixture. Add the last of the stock and cook covered until liquid is almost absorbed (5 to 10 minutes) to allow the crust to form on the bottom of the pan. Turn off the heat and let sit, covered for 5 minutes. Garnish with chopped parsley and lemon wedges.

SERVES 4