

Product Spotlight: Prawns

The prawns for this dish are Australian prawns, sourced from Catalano's Seafood. They are an accredited and well-managed fishery that follow responsible fishing practices.

CATALANO'S SEAFOOD

Spanish Prawn Paella

A delicious and festive Spanish rice dish made the speedy way, with Australian prawns, bursts of sweet corn and a squeeze of lemon to finish.

25 minutes | 2 servings | Seafood

Jazz it up!

You can add some saffron to flavour the paella if you have some! Combine juice from 1/2 lemon with some aioli to drizzle over at the end.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	3g	92g

FROM YOUR BOX

ARBORIO RICE	150g
CORN COB	1
GREEN BEANS	150g
RED CAPSICUM	1
TOMATO	1
PARSLEY	1 packet
BROWN ONION	1
TOMATO PASTE	1 sachet
GARLIC CLOVE	1
PRAWNS	200g
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground turmeric

KEY UTENSILS

large frypan, saucepan

NOTES

Rinse and pat prawns dry with paper towel before them adding to the pan.

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1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 8-12 minutes, or until tender. Drain and rinse.



2. PREPARE THE VEGETABLES

Remove **corn kernels** from **cob**. Trim and slice **beans**. Slice **capsicum** and chop **tomato**. Roughly chop **parsley**. Keep separate.



3. COOK THE ONION

Slice **onion**. Add to a frypan over medium-high heat with **oil**. Stir in **1 tbsp smoked paprika** and **2 tsp turmeric** (add more **oil** if needed). Cook for 5 minutes until softened.



4. COOK THE VEGETABLES

Add the **prepared vegetables** (reserve **parsley** for garnish) along with **tomato paste**, **crushed garlic** and **2-3 tbsp water**. Cook for 3 minutes. Add **prawns** (see notes) and cook for 3-4 minutes until cooked through.



5. STIR IN THE RICE

Stir in **cooked rice** until well coated. Squeeze in **juice from 1/2 lemon** and season with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide **rice** among bowls. Garnish with **chopped parsley.** Wedge remaining **lemon** to serve.

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