

# Prawn and Cod Paella

## with Sunny Aioli

hellóchef

Pealla, famously cooked in a wide, shallow pan, originally comes from Valencia. And guess what, in Valencian, 'Paella' simply means 'frying pan'.

Cals 727 • Prot 44 • Carbs 103 • Fat 22

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🕒 cook: 30 min

R2839





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Paella	2 ppl	3 ppl	4 ppl	
Prawns 7*	200	350	400	Grams
Cod fillet 6*	200	350	400	Grams
Water	300	450	600	ML
Vegetable stock cube 15*	1	1	2	Piece
Saffron Splash	20	20	30	ML
White onion	1	1	2	Piece
Garlic cloves	1	2	2	Piece
Red pepper	1	2	2	Piece
Tomatoes	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Smoked paprika powder	2	4	4	Grams
Dried oregano	2	2	2	Grams
Arborio rice	160	240	320	Grams
Green peas	100	150	200	Grams
Fresh parsley	15	15	30	Grams
Chilli flakes	2	2	2	Grams

Aioli

Lemon	1	2	2	Piece
Turmeric powder	2	2	2	Grams
Water	15	22	30	ML
Mayonnaise 5*, 9*, 13*	50	75	100	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp

Allergens

\*7 Crustaceans, \*6 Fish, \*15 Celery, \*5 Eggs, \*9 Soya, \*13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	3042 / 727
Fat (g)	22
of which saturates (g)	3.7
Carbohydrate (g)	103
of which sugars (g)	13.6
Fiber (g)	9.7
Protein (g)	43.9
Salt (g)	1

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Boil the **measured water** and dissolve the **stock cube** and **saffron** in it. Peel and finely chop the **onion** and **garlic** (reserve 1 clove for step 4). Roughly chop the **peppers** and **tomatoes**.



2 Saute onion

Heat a very wide, large pan with a lid over a medium-low heat with a very generous drizzle of **olive oil**. Once hot, add the **onion** and **peppers** with a pinch of **salt** and cook for 5 min. After 5 min, add the **garlic** and **smoked paprika** and cook for 1 min further.



3 Simmer

Add the **oregano**, **rice** and **tomatoes** to the pan and give everything a good mix up. Pour the **stock** over the **rice** and cover with a lid immediately. Cook for 10 min.



4 Prep aioli

Meanwhile, slice the **lemon** into wedges. Place a generous pinch of **turmeric** in a small bowl. Peel and mince the reserved **garlic** clove directly into the bowl. Add {1/1.5/2} Tbsp of boiled **water** to the bowl and give everything a good mix up. Add the **mayonnaise** and season with a generous squeeze of **lemon** juice and a pinch of **salt** and **pepper**. Set aside.

**Tip!** Don't like raw garlic? Go easy.



5 Add seafood

Rinse and dry the **cod fillets** and **prawns**. Chop the **cod** into bite-size pieces. After 10 min, remove the lid from the **rice**, scatter the **prawns**, **cod** pieces and **peas** over the top and cover once more. Cook for 5 min further.

**Tip!** If the rice isn't cooked after 15 minutes, add a splash of water and cook, covered, for 5 minutes further.



6 Serve

Meanwhile, wash and roughly chop the **parsley**. Once the **seafood** is cooked and the **rice** is tender, squeeze the remaining **lemon** juice over the **paella** and gently fold the **peas** and **seafood** through. Garnish with the chopped **parsley** and **chilli flakes (spicy!)** and serve the **aioli** alongside.