

Paella

Perfect for the summer!

Low FODMAP, dairy free, gluten and wheat free recipe.



Ingredients

- 1 dsp of garlic infused oil
- ¼ tsp of asafoetida (check if wheat free)
- 1 tsp of Spanish smoked paprika
- 1 generous pinch of saffron
- ½ tsp of turmeric
- 6 skinned boned chicken thighs
- 250g of seafood selection (skinned)
- 4 cups of basmati rice
- 500ml chicken stock (ensure you check the label for onion and garlic)
- 1 orange bell pepper
- Pinch of salt and pepper

Method

Measure oil into a pan and add the spices except saffron.

Fry chicken- remove from the oil and place in an oven at gas mark 6.

Add rice to oil and fry for 30 seconds and then add the chicken stock.

Add the pinch of saffron to a small dish and cover with boiling water to leach out the saffron, then add to rice mix.

Cook until the rice is softened and add the pepper and cook.

Add the chicken and the seafood selection and cook until warmed through.

Serve with a green salad of some delicious spelt bread.