

# Prawn, Chicken and Chorizo Paella

ADAPTED FROM: REF: The diabetes weight-loss cookbook, Katie & Giancarlo Caldesi, Kyle books, 2019

Serves 6

## Ingredients

1 & 1/2 tbsp olive oil  
4 chicken thighs, skin on, boned cut in half  
120g cooking chorizo  
90g lardons  
2 garlic cloves, lightly crushed  
1 medium white onion, finely diced  
1 red pepper, cut into strips  
1/2 tsp thyme leaves  
1/8 chill flakes  
1/2 large cauliflower, riced  
100ml chicken stock (hot)  
1/2 tsp saffron thread or 1 tsp paprika  
2 large tomatoes or 1/2 tin chopped tomatoes  
6 jumbo prawns or 200g frozen prawns  
225g squid, cleaned and chopped, or squid rings (ask your fishmonger)  
2.5 tbsp flat leaf parsley chopped  
salt and pepper to taste

## Method

- Heat 1/3 of the olive oil in a large heavy-based saucepan with a lid
- Season the chicken thighs and fry skin down, on medium heat until lightly browned
- Turn over and continue to fry until brown on all sides, takes about 20-25 minutes
  
- Add the chorizo and lardons and fry until crisp
- Add the garlic, onion, red pepper, thyme, and chilli flakes and cook until soft
  
- Pour in the wine and reduce for 5 minutes to cook out the alcohol
- The chicken should now be cooked
- Use a meat thermometer to check (the chicken should be 80deg c)
- or cut with a sharp knife the juice needs to be clear, NOT pink
  
- Add the cauliflower rice and stir to combine
- Pour in the stock, saffron or paprika, put the lid on and gentle cook for 5 mins
  
- Add the chopped or tinned tomatoes, stir and cook for another 4 minutes
- Check the cauliflower rice is cooked

- Meanwhile, heat the remaining oil in a separate pan, and add the prawns
  - Fry quickly for a couple of minutes until pink all over and add to the paella
  - Do the same with the squid or squid rings using the prawn oil
  - If using frozen prawns add the paella and gently cook for 5 minutes until cooked through
  - Season
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- Scatter the parsley over the paella and serve immediately