

## Seafood Paella

Serves 4

2 tablespoons olive oil  
1 lb mixed seafood  
1 onion, chopped  
2 cloves garlic, minced  
3 whole tomatoes  
1 ½ cups short grain rice or toasted quinoa  
½ teaspoon saffron threads  
juice of one lime  
1 tablespoon bottled green seasoning  
Worcester sauce  
3 cups hot fish stock or water  
4 tablespoons chopped parsley  
½ cup frozen peas  
salt and black pepper to taste

Crush saffron threads and steep in a ¼ cup hot water. Season seafood with lime, green seasoning and a few dashes Worcester sauce. In paella pan use medium heat and add olive oil. Add seafood and sauté for 2 minutes i.e. until fish/shrimp are opaque. Remove seafood from pan and set aside. Add onion to pan and sauté on low heat for 6 minutes. Add crushed garlic and sauté for an additional minute. Add tomatoes and sauté for 3 minutes. Add rice/quinoa and stir to coat. Add saffron, salt, pepper and broth/water. Bring to the boil, cover and cook for 20 minutes if using rice, 15 minutes if using quinoa. Add seafood back to paella pan and stir in the frozen peas and parsley. Cover with a cloth and let stand for 10 minutes. Fluff up with fork and serve with a salad and grilled vegetables.

Adapted from recipe in Mediterranean The Beautiful.

