

## Seafood Paella from Chef Knowles



This is a dish that is always enjoyed by those that like seafood. Making it in a thermal cooker is so easy.

### **INGREDIENTS**

- " 3 tbsp olive oil
- " 170g chorizo, cut into thin slices
- " 500g chicken, cut into 2-3 cm cubes
- " 1 onion, sliced
- " 2 garlic cloves, cut finely
- " 400g tin of chopped tomatoes
- " 1 tsp of smoked paprika
- " pinch of saffron
- " 375g bomba paella rice
- " 750ml of fish or vegetable stock
- " 1tsp fresh ground black pepper
- " 1 tsp salt
- " 1 cup of frozen peas
- " 400g frozen mixed seafood

### **METHOD**

- 1. Stir the saffron threads in 2 tablespoons of boiling water and leave to soak for 10 minutes.**
- 2. Heat the oil in the inner saucepan and add the chorizo, and cook for 2 to 3 minutes.**
- 3. Add the onion and cook over a low-medium heat until soft.**
- 4. Add the garlic and chicken. Cook until the chicken is sealed.**
- 5. Add the tomatoes and cook for 2-3 minutes.**
- 6. Stir in the rice and coat with the mixture.**
- 7. Add the saffron and the water it has been soaking in.**
- 8. Pour in the stock, peas, paprika, salt and pepper, stir well and bring the mixture to the boil.**
- 9. Turn down the heat to a simmer. Simmer for 5 minutes with the lid on.**
- 10. Put the inner pot into the insulated outer container and shut the lid.**
- 11. Thermal cook without power for a minimum of 2 hours.**
- 12. 30 minutes before serving put the inner pot onto a medium heat and add the thawed seafood and peas.**
- 13. Stir well before putting the inner pot back into the insulated outer container.**
- 14. Thermal Cook for 30 minutes before serving.**

**NOTE:** This recipe is supplied by Chef Dave Knowles from the UK and is described for a 4.5 litre inner saucepan so you will need to adjust quantities if you are using something else.