

Spanish Chicken Paella

<p>Equipment: Measuring cups and spoons. Sharp knives Chopping boards Large frypan Measuring jug Wooden spoon</p>	<p>Ingredients: 3 tbsp olive oil 12 boneless, skinless chicken thighs, cut into 4 pieces 4 tbsp chopped cooked chorizo 2 red capsicums, deseeded and chopped 2 onions, chopped 4 garlic cloves, crushed 500 g paella rice 1 tsp of turmeric (or a few strands of saffron if you can afford it) 2 L chicken stock, or 1 and ½ low salt chicken stock cubes and 2 L of boiling water 2 small courgettes, cut into quarters then small slices 200 g fine green beans, chopped 1 broccoli head, broken into small pieces</p>
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What to do:

1. Heat the oil in a large frypan over a medium high heat and fry the chorizo and chicken pieces, allowing them to take on some colour.
2. Add the pepper and onion and allow to soften for a minute or two.
3. Add the garlic, rice and saffron (or turmeric) and stir for a couple of minutes. Keep stirring to make sure the rice doesn't stick to the bottom of the pan and all the ingredients combine well.
4. Pour over the stock, bring to the boil and then turn down and gently simmer for 10 minutes. Do not stir!
5. Add the courgette, beans and broccoli and then gently simmer for 10 minutes. Give the rice one quick stir, then do not continue to stir.
6. Stir once to check that the rice has not stuck to the bottom of the pan.
7. Enjoy!