

SEASIDE PAELLA

*100 Gms Onion Finely chopped
1 Clove of Garlic finely chopped
1-Cup Rice
2 Cups Fish Stock
150gms Brendan's Catch of the Day
5 Fresh WA Mussels
5 Prawns Cutlets
100 Gms Squid
100 Gms Pemberton Marron or Southwest Lobster
1 tbsp Fresh Parsley finely chopped
1 pinch Tumeric
100 gms Fresh Tomato diced
Seasoning
Lemon wedge for garnish*

Method

*Using a heavy based pan – sweat off onions, garlic until transparent
Add prawns, fish, squid, lobster or marron & partly cook
Add tomato, tumeric, parsley & season then stir.
Add Rice
Add Fish Stock & mussels
Bring to heat
Put into a med-hot oven until rice is cooked through – 15 –20 mins
Serve with a garnish of Lemon.*

*Serves 2
Or one Hungry person*

Enjoy Gloucester Motel, Pemperton