

# Catalan Seafood Paella

A delightful and traditional Catalan dish, this seafood paella is packed with the flavors of the Mediterranean. Made with a variety of fresh seafood and aromatic spices, it's the perfect main dish for a special occasion or a cozy dinner at home.



Main Dish

Catalan

**40 min**

Total time

**Intermediate**

Difficulty

**450**

kcal / serving

## Ingredients

- Ingredients for 1 person:
- 1/2 cup Arborio rice
- 1/2 cup mixed seafood (shrimp, mussels, squid)
- 1/4 cup diced tomatoes
- 1/4 cup chopped bell peppers
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 1/4 teaspoon saffron threads
- 1/2 teaspoon smoked paprika
- 1 cup fish or vegetable broth
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh parsley for garnish

## Steps

- Steps:
- Heat olive oil in a paella pan or large skillet over medium heat.
- Add the onions, bell peppers, and garlic. Sauté until the vegetables are softened.
- Stir in the diced tomatoes, saffron threads, and smoked paprika. Cook for another minute.
- Add the Arborio rice to the pan and stir to coat it with the spices and vegetables.
- Pour in the broth and bring to a simmer. Cook uncovered for about 15 minutes, stirring occasionally.
- Nestle the seafood into the rice mixture, distributing it evenly. Cook for another 5-7 minutes until the seafood is cooked through.
- Season with salt and pepper to taste. Garnish with fresh parsley.

9

Remove from heat and let it rest for a few minutes before serving.