

SKINNY CHIPS BAKED SEAFOOD “PAELLA”



Serving: 6

Cooking Time: 45 minutes

Prep Time: 10 minutes

INGREDIENTS

- 90ml olive oil

- 1 large onion, finely chopped
- 4 garlic cloves, finely chopped
- 30ml (2 tbsp) ground turmeric
- 10ml (2 tsp) ground paprika
- 1 red chili, seeded and chopped
- 1kg mixed seafood
- Salt, to taste
- 3 large tomatoes, seeded and finely chopped
- 300g green beans, top, tail and slice
- 1kg potatoes, cut into shoestring
- 60ml (¼ cup) fresh flat-leaf parsley, chopped

INSTRUCTIONS

Tip: Paella originally is a Valencian rice dish, we have replaced the rice with skinny chips and it is just as delicious

1. In a large frying pan, heat 45ml (3 tbsp) of the oil and sauté the onion and garlic for a few seconds. Mix in the turmeric, paprika, chili, seafood and season well
2. Next mix in the tomatoes and beans and stir to combine. Cook for (+/- 15 minutes). Preheat the oven to 180°C
3. Place the potatoes in a large mixing bowl and drizzle with the remaining oil and season. Bake until cooked and crispy, for (+/- 35 minutes)
4. Put the potatoes on a serving dish, top with the seafood mixture and scatter with the parsley, serve while still hot