

## Recipe of the Week 24

### Chorizo sausage and seafood paella

The sausage and seafood paella is a quick and easy nutritious dish packed with carbohydrates for energy and replenishing glycogen stores after intense training sessions, protein for rebuilding damaged muscle tissue, essential fatty acids for cognitive function and skill execution and vitamins and minerals for immunity and health.

Tip: Chorizo sausage comes from Spain and has a smoked paprika flavour. You can use a handful of pork or chicken instead - cook for 5 mins with 1 tsp smoked paprika before adding the rice.



#### Ingredients

1tbsp olive oil  
1 large leek  
1 large onion  
100g chorizo sausage  
1 tsp turmeric  
350g long grain rice  
1L chicken stock  
250g frozen peas  
400g frozen seafood mix (defrosted)

**Serves: 2 - 4**

**Preparation time: 5 -minutes**

**Cooking time: 25-minutes**

#### Each serving contains

Energy (kcal) – 530kcal  
Carbohydrates –77g  
Protein – 33g  
Fat – 12g (0.4g saturated)

#### Method

1. Heat the oil in a deep frying pan, then soften the leek for 5 mins without browning. Add the chorizo and fry until it releases its oils. Stir in the turmeric and rice until coated by the oils, then pour in the stock. Bring to the boil, then simmer for 15 mins, stirring occasionally.
2. Tip in the peas and cook for 5 mins, then stir in the seafood to heat through for a final 1-2 mins cooking or until rice is cooked.
3. Check for seasoning and serve immediately with lemon wedges.

Adapted from: [www.bbcgoodfood.com](http://www.bbcgoodfood.com), 2010

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