BARCELONA

# SEAFOOD PAËLLA

Ingredients
(for 6 people)

- 500 g rice
- 1.2 l fish stock
- 12 Dublin Bay prawns
- 600 g pieces anglerfish or cod or conger eel
- 600 g cuttlefish, squid or similar
- 3 l de mussels
- 1 kg approx. green crabs
- 6 prawns
- 10 tbsp olive oil
- 2 cloves of garlic (diced)
- 4 ripe tomatoes (chopped)
- parsley sprigs
- 1 red pepper
- 100 g green peas
- 200 g green beans
- ½ package of spices (saffron)

Preparation:

Place the pan on the heat with olive oil and some salt. When hot, sauté the langoustines for a few minutes, remove and the set aside on a plate.

Sauté the cuttlefish in the pan and add the pieces of anglerfish or cod, the mussels, the crabs, the chopped garlic and the red pepper cut in slices. Cook the mixture, add ½ package of spices, the chopped tomato, the green peas and the green beans. Add the rice and cook until transparent.

Add the fish stock and decorate with the shellfish.

Simmer on low heat until the stock evaporates (approx. 20 minutes).