



## Fish Paella

with Chermoula, Artichokes and Peas



30-40min



4 Portions

In North Africa, chermoula is often used as a herbaceous marinade or sauce for fish. Here, it's blended into a speedy seafood paella with smoky paprika, then topped with bright green peas and marinated artichokes. The result is a truly delicious summer meal that's good for you, too.

## What we send

- artichokes
- white fish fillet 4
- smoked paprika
- chermoula spice blend 17
- arborio rice
- parsley
- onion
- lemon
- green peas

## What you'll require

- boiling water
- olive oil
- sea salt and pepper

## Utensils

- large frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Fish (4), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 580.0kcal, Fat 9.8g, Proteins 42.1g, Carbs 76.7g



### 1. Prepare ingredients

Finely chop the **onions**. Finely grate the **lemon** zest, then cut the lemon into wedges. Cut the **fish** into 3-4cm chunks. Put the fish, lemon zest and **1 tbs oil** in a large bowl and toss to coat. Season with **salt and pepper**.



### 2. Brown fish

Heat a large frypan over high heat. Cook the **fish**, turning, for 3 mins or until lightly golden but not quite cooked through. Remove from the pan and set aside.



### 3. Cook onion

Heat **1 tbs oil** in the same pan over medium-high heat. Cook the **onion** for 3 mins or until softened. Add the **rice, paprika** and **1 tbs chermoula** and cook, stirring, for 2 mins or until well coated.



### 4. Cook paella

Stir in **750ml (3 cups) boiling water**, season with **salt and pepper** and bring to the boil. Reduce heat to medium-low and cook, covered, for 25 mins or until the rice is tender.



### 5. Prepare artichokes

Meanwhile, drain the **artichokes**, then gently squeeze out the excess moisture and cut each artichoke in half. Coarsely chop the **parsley** leaves, discarding the stems.



### 6. Finish paella

Remove the lid and quickly arrange the **fish** and **artichokes** on top of the rice mixture, pressing down slightly into the rice. Scatter over the **peas** and cover the pan. Increase heat to medium and cook for a further 5 mins or until the fish is just cooked and the vegetables are warmed through. Scatter over the **parsley** and serve with the **lemon wedges**.