



Fish Paella

with Chermoula, Artichokes and Peas



30-40min



2 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

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

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- large frypan with lid

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 615kcal, Fat 10.0g, Carbs 81.4g, Proteins 43.1g



1. Prepare ingredients

Finely chop the **onion**. Finely grate half the **lemon** zest, then cut the whole lemon into wedges. Cut the **fish** into 3-4cm chunks. Put the fish, **lemon zest** and **2 tsp oil** in a medium 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 **2 tsp oil** in the same pan over medium-high heat. Cook the **onion** for 3 mins or until softened. Add the **rice**, **2 tsp paprika** and **2 tsp chermoula** and cook, stirring, for 2 mins or until well coated.



4. Cook paella

Stir in **500ml (2 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 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**.

Customer Service: **02 6145 2910** Email: contact@marleyspoon.com.au

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from at least 10%
Australian ingredients