



## Recipe of the Month- September 2007

### Chicken Paella

Serves 8

#### Ingredients:

1.7kg	Chicken portions	45ml	Olive Oil
2	Large Red Peppers, sliced	1	Onion, chopped
80ml	Sundried Tomatoes, sliced	2	Garlic Cloves, chopped
150g	Chorizo Sausage, sliced	250ml	Arborio (Risotto Rice)
280ml	Chicken Stock	175ml	Dry White wine
15ml	Tomato Puree	2.5ml	Paprika
Salt and freshly ground black pepper to taste			
Frozen peas			

#### Method:

1. Flavour the chicken portions with salt and freshly ground black pepper.
2. Heat half the olive oil in a large saucepan and fry the chicken portions until golden brown. Brown the chicken in batches, do not fry everything at once. Remove from the pan.
3. Fry red peppers and onion in the same saucepan until soft – add more olive oil if needed. Add garlic and fry for a minute. Add the chorizo and sun dried tomatoes and fry with the rest of the ingredients for a few more minutes.
4. Add the rice to the saucepan and fry until totally covered in oil.
5. Add the chicken stock, wine, tomato puree, and paprika. Turn heat down after it boiled.
6. Place the chicken portions on the rice. It is important that the rice is covered with liquid.
7. Let it simmer slowly for 50-60 minutes until the chicken and rice are cooked.
8. Add the peas just before serving (just let them heat through).



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