

# Seafood Paella

## INGREDIENTS

500 g cauli rice  
1 kg seafood mix (squid head, prawns, mussels, fish)  
2 Tsp Garum masala  
 $\frac{1}{2}$  Tsp Turmeric  
 $\frac{1}{2}$  Tsp Cumin  
 $\frac{1}{2}$  Tsp Chilli powder (or fresh chillies)  
150 g Fresh Coriander  
2 Chopped tomatoes  
1 Chopped onion  
1 Chopped pepper  
250 g Mushrooms  
3 Cloves of garlic  
Salt and pepper

## METHOD

In a heated pan, fry onion, mushroom, peppers until tender. Add chopped garlic, cauli rice, turmeric and salt and pepper. Keep aside. Fry the seafood with all remaining spices until done (about 10 min). You can divide them into smaller portions to help with cooking. Discard all excess water from seafood (if you use frozen packs). Once all the seafood is cooked, mix it with the cauli rice and add chopped coriander and tomatoes. Adjust salt and pepper if needed.

Enjoy.



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