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## Cook with Me Oven Paella

### Ingredients

Serves 4

1 clove garlic

1 medium onion

1 carrot

300g rice

Handful of fresh parsley

100g frozen peas

2 diced chicken thigh (optional)

250g mixed seafood (optional)

12 slices chorizo sausage

1 x 400g can chopped tomatoes

1 chicken or vegetable stock cube+ 900ml

boiling water

1 red pepper.

3 tbsp vegetable oil or olive oil

(optional a pinch of saffron)



### Equipment

Casserole dish with a lid ( or deep oven tray and foil)

Chopping board

Peeler

Knife

Can opener ( for tomatoes)

Bowl

Spatular

Spoon

### Notes,

For a vegetarian option add 250g smoked tofu and increase the vegetables and add 1 tsp smoked paprika.

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