

**Nourish your soul with
MOOD BOOSTING INGREDIENTS**

REFRESH

MIND, BODY & SOUL

NOVEMBER

SPANISH CHICKEN AND PRAWN PAELLA

SERVES  Ten

SAFFRON RECIPE CODE R03058

INGREDIENTS

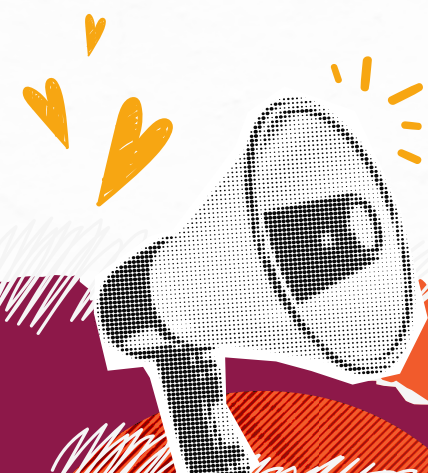
- 60ml olive oil
- 150g chorizo (Sliced)
- 800g chicken thighs (Diced)
- 600g onion (Peeled & Diced)
- 3 cloves garlic (Chopped)
- 2 red bell peppers (Trimmed & Sliced)
- 400g paella rice
- 3tsp turmeric
- 10g chicken Bouillon mix
- 200g French beans (Trimmed & Cut in Half)
- 150g prawns
- 3tsp paprika
- ½ tsp salt
- ½ tsp ground black pepper
- 2 lemons (Cut into Wedges)
- 1 bunch flat leaf parsley (Washed & Chopped)

METHOD

1. Heat the oil in a deep frying pan and fry the chorizo for approx. 2 minutes. Remove and set aside.
2. Add the chicken to the pan and fry over a high heat until browned all over. Remove and set aside with the chorizo.
3. Fry the onion and garlic in the hot oil for approx. 4 minutes until softened, then add the pepper and rice. Cook for a further 1 minute, then stir in the turmeric and chicken stock. Bring to the boil, then simmer for 15 mins, stirring occasionally.
4. Return the chicken to the pan and add the French beans. Season with salt and black pepper. Cook for 10 minutes, stirring frequently until the rice is tender and nearly all the liquid has been absorbed.
5. Add the fried chorizo and prawns to the pan and stir in gently. Cook for 4 minutes until both are heated through.
6. Serve sprinkled with paprika, lemon and parsley and garlic croutons.

TRYPTOPHAN:

Tryptophan is an essential amino acid that the body uses to produce serotonin, a neurotransmitter that helps regulate mood, sleep, and feelings of well-being.



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THAI SALMON FISH CAKES

SERVES  Ten

SAFFRON RECIPE CODE R06100

INGREDIENTS

- 400g Skinless Fresh salmon Fillet
- 800g potatoes (peeled and cut into small chunks)
- 50ml rapeseed oil
- 2 handfuls fresh coriander (chopped)
- 1 medium egg
- 1 lime (Juiced & Zested)
- 2 red chillies (Finely Chopped)
- ½ tsp salt
- ½ tsp ground black pepper
- 100g plain flour
- 100ml Thai sweet chilli sauce
- 10g ginger
- 200g onions (Peeled & Finely Diced)

METHOD

1. Preheat oven to 180°C.
2. Cook the potato chunks in boiling salted water for approx. 20 minutes
3. Rub the salmon with a little olive oil, a pinch of sea salt and black pepper and bake in the oven for approx. 10 minutes
4. Drain and mash the potatoes, spreading the mash round the sides of the pan to help it cool down quickly. When the potatoes are cooled, transfer to a bowl.
5. Flake the salmon into the bowl, add 1 tbsp of flour, the egg, chopped coriander, and diced red chilli, chopped onions and a pinch of sea salt and black pepper. Finely grate over the lime zest, then mash and mix together really well.
6. Dust a plate with a little flour. Divide the mixture into 10, then lightly shape and pat into circles about 2cm thick, dusting them with flour as you go. Put them onto a clean plate also dusted with a little flour. Place them into the fridge for an hour before cooking – this will allow them to firm up.
7. Heat the oil in a large frying pan over a medium heat, add the fishcakes and cook for approximately 3 to 4 minutes on each side, until crisp and golden
8. Tip the ginger and rest of the coriander into the sweet chilli sauce and mix well.
Serve with the fish cake

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