Arroz de marisco (Seafood rice)

Ingredients:

4 large prawns

• 200 g shrimp kernels

• 200 g mussel

• 100 g clam kernels

• 400 g carolino rice (medium long grain rice)

• 1 large onion

•2 garlic cloves

• 1 dl tomato pulp

• 0.50 dl olive oil

• 1 bay leaf

• a sheaf of coriander

• salt to taste

Preparation:

1. Defrost the seafood and arrange it. Put the olive oil, onion and garlic in a pan and simmer until golden. Keep stirring with the wooden spoon to avoid burning.

2. Place the tomato pulp in the pan, add the coriander and the bay leaf. Stir well to mix the onion and garlic with the tomato.

3. Add 1.2 litres of water to the preparation and let it boil, bringing the heat down after. Taste and, if necessary, rectify the seasonings.

4. Add the seafood and rice to your pan and cook everything for 20 minutes, or until the rice is cooked.

5. To serve, sprinkle a little chopped coriander over the rice.