

RICE DISHES

Arroz a banda is a Valencian dish with **deep seafood flavours** that's easier to make than you might think. Bring the Mediterranean to your table with this recipe. For the real deal, use fresh fish from a Valencian market.



Serves 2



40 minutes

INGREDIENTS

- 150g cuttlefish and squid
- 3 garlic cloves
- 40g diced onion
- 30g tomato sofrito
- 1 tbsp olive oil
- Salt
- 1 ñora pepper
- 1.2l fish stock
- 1 tbsp saffron
- 1 tsp Vera sweet paprika
- 200g Marisma rice
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Arroz a banda



STEP BY STEP

1. Cut open the ñora pepper, remove the seeds and **soak in hot water** for 15 minutes. Once softened, scrape out the pulp with a spoon and set aside.
2. Heat the olive oil over in a paella or wide, shallow pan over medium heat. Add the whole garlic cloves and diced onion. Fry **until the onion turns translucent**.
3. Stir in the **ñora pulp and sweet paprika**, mixing quickly to prevent them from burning and turning bitter.
4. **Add the chopped cuttlefish and squid** to the pan. Cook over medium heat until the seafood releases juices and begins to brown lightly. Stir in the tomato sofrito and saffron, ensuring everything is well combined.
5. Add the rice to the pan and **stir into the mixture for a couple of minutes** to ensure it's coated with the sofrito. Pour in the hot fish stock and season with salt to taste.
6. Bring to a boil and cook over a high heat for 8-10 minutes **to allow the rice to absorb the stock evenly**.
7. Reduce the heat and let the rice cook for another 8-10 minutes **without stirring**. The flavours will concentrate as the rice cooks through.
8. Remove the pan from the heat and leave to rest for 5 minutes before serving. Serve with a **generous dollop of alioli**.