



SPAIN

DINNER

PRINTABLE RECIPE PDF

Spanish Fideuà

Fideuà is a traditional dish from the coastal region of Valencia, similar to paella but made with short noodles instead of rice. It originated in the fishing

PREP

15 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 200 g fideuà noodles - short vermicelli-style noodles
- 300 g mixed seafood - such as shrimp, mussels, and calamari
- 1 medium tomato - finely chopped
- 4 cloves garlic - minced
- 1 small onion - finely chopped
- 500 ml fish stock - or seafood broth
- 2 tbsp olive oil - extra virgin
- 1 pinch saffron - for color and flavor
- 1 tsp paprika - smoked or sweet according to preference
- fresh parsley for garnish - chopped

WHY THIS WORKS

About this recipe

A printable Spanish Fideuà recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Fideuà is a traditional dish from the coastal region of Valencia, similar to paella but made with short noodles instead of rice. It originated in the fishing communities where fishermen would prepare it using the catch of

ORIGIN & TRADITION

Mediterranean context

Fideuà is a traditional dish from the coastal region of Valencia, similar to paella but made with short noodles instead of rice. It originated in the fishing communities where fishermen would prepare it using the catch of the day, making it a symbol of the Mediterranean coastal cuisine.

METHOD

Step-by-step instructions

1

In a paella pan or a wide skillet, heat the olive oil over medium heat. Add the chopped onion and garlic, sautéing until translucent and fragrant.

2

Add the finely chopped tomato and cook for a few minutes until it softens.

3

Stir in the mixed seafood and cook until just tender, about 3-4 minutes.

4

Add the fideuà noodles, paprika, saffron, and a pinch of salt, mixing well to coat the noodles in the flavorful base.

5

Pour in the fish stock, bringing the mixture to a gentle simmer. Allow it to cook without stirring for about 10-12 minutes, or until the noodles are cooked and the liquid is mostly absorbed.

6

Remove from heat and let it rest for a few minutes. Garnish with chopped fresh parsley before serving.

CHEF'S TIP

To achieve a crispy bottom, called 'socarrat', increase the heat to high for the last minute of cooking.

NUTRITION PER SERVING (EST.)

Calories	550 kcal	Fat	15 g
Protein	30 g	Fiber	4 g
Carbohydrates	65 g	Sodium	600 mg

SERVING SUGGESTION

Traditionally served with a lemon wedge on the side and perhaps a light green salad dressed with olive oil and vinegar.

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