



## Jambalaya - Serves 4

### Ingredients

(Amounts are rough estimate as you get to know the more you cook it!)

You will need a large frying pan or wok with a lid

- 2 x chicken breasts (skin removed), cut into bite size pieces
- 8oz (225g) Chorizo sausage, roughly chopped. (If I can't get Chorizo I use Kabanos sausage)
- 2 large handfuls of cooked and peeled king prawns
- 1 large onion or 2 small, roughly chopped
- 2 x green peppers, seeded and roughly chopped
- 3 x sticks of celery, roughly chopped
- 1 x green chilli pepper, seeded and finely chopped (if you like your food really spicy you can leave seeds in!)
- 2-3 cloves of garlic, crushed
- Rice – I measure mine in a mug. I use  $\frac{1}{2}$  -  $\frac{3}{4}$  of an average size mug of rice.
- Chicken stock – again an average size mug. 1 – 1  $\frac{1}{2}$  mugs of stock
- Olive Oil
- 1 x large tablespoon tomato puree
- 1 – 2 teaspoons of Cajun spice
- 1 -2 teaspoons of Oregano or Thyme if you prefer
- 1 – 2 bay leaves
- Salt and pepper to taste

## Method

1. Heat about a tablespoon of olive oil in pan.
2. Add Chorizo sausage and fry lightly until oil begins to colour.
3. Remove Chorizo from pan and place on kitchen towel to drain
4. Add Chicken and fry until lightly browned. Remove from pan and drain

You might want to add a tiny bit more oil to the pan now...

5. Add onions/peppers/celery/chilli pepper and garlic – fry until just starting to soften
6. Add rice and stir until coated with oils from the pan.
7. Put cooked chicken and sausage back into pan.
8. Add chicken stock, Cajun spice, tomato puree, oregano and salt and pepper to taste. Bring up to the boil.
9. Put the lid on the pan and reduce the heat. Simmer for about 15 -20 minutes until rice is cooked.
10. Stir in cooked prawns. Turn the heat off and let prawns warm through.

I serve this with crusty bread and salad.