

# Jambalaya

## **Ingredients**

300g diced chicken

2 bell peppers, diced

1 onion, peeled & finely chopped

1 celery stick, sliced

1 cup frozen peas

2 garlic cloves, finely chopped

1-2tbsp Cajun seasoning

1tsp smoked paprika

½ tsp dried oregano

200g long grain rice

400g tin chopped tomatoes

400ml chicken stock (2 stock cubes dissolved in 400ml of boiling water)

1tbsp Worcestershire sauce

3 cooked low-fat sausages

1tbsp oil for cooking

Salt & pepper to season

## **Method**

- Add oil to a large pan, add the chicken and cook over a medium heat for 2-3 minutes.
- Add the peppers, onion, celery & peas and cook for another minute.
- Add the garlic, Cajun spice, paprika and oregano, cook for a further minute to release the flavours.
- Add the rice, chopped tomatoes, stock and Worcestershire sauce. Stir in the sausages and bring to the boil.
- Cover and cook for 25 minutes, or until all the liquid has been absorbed and the rice is tender.

**Top tip: serve with fresh herbs e.g, coriander or mint**