

IN THE KITCHEN

Chicken jambalaya

Ingredients:

- 1 tablespoon of oil
- 2 onions (finely chopped)
- 2 cooked sausages (any variety sliced)
- 200g of diced chicken (cooked or raw)
- 2 celery sticks (chopped)
- 2 garlic cloves (crushed)
- 3 mixed peppers (chopped)
- 250g of long grain rice
- 2 teaspoons of hot chilli powder
- 2 tins of chopped tomatoes
- 1 bay leaf
- 500ml of hot chicken stock





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You'll also need:

A large saucepan with a lid

Method:

- Heat the oil in the saucepan
- Add the onions and fry for 2-3 minutes until they start to brown a little
- Add the sausage and chicken and fry gently for 1-2 minutes until the chicken is cooked through
- Add the celery, garlic and peppers and continue to fry until the celery and peppers are soft and starting to brown at the edges
- Stir in the rice and chilli powder and coat with the oil and flavours in the pan
- Add the tinned tomatoes
- Add the bay leaf and stock
- Stir, making sure the rice is covered by the liquid

 Cover the pan and gently simmer for 20 minutes or until the rice is cooked (adding more stock if necessary)

> TOP TIP: You can also make this with prawns. Check online for recipes