



# CHICKEN JAMBALAYA



## INGREDIENTS

**SERVES 5**

- 2 tbsp olive oil (not provided)
- 350g chicken breast, chopped
- 1 onion, diced
- 1 red pepper, thinly sliced
- 2 garlic cloves, finely chopped or crushed
- 1 tbsp cajun seasoning
- 250g long grain rice
- 400g tin chopped or plum tomatoes
- 1 chicken stock cube
- 400ml water (for stock)
- 200g frozen peas

## ALLERGENS

Celery

## EQUIPMENT

Chopping board, small knife, large frying pan with lid or foil, wooden spoon, mixing jug, plate

## STEP 1

- Chop the vegetables as indicated
- Wash the knife and chop the chicken breasts into small pieces



## STEP 2

- Heat 1 tbsp oil in the frying pan
- Add the chopped chicken breasts and fry on a medium heat for 6-7 mins until golden
- Remove & set aside



## STEP 3

- Add a drop more oil and fry the chopped onion for 3-4 mins until soft.



## STEP 4

- Add the sliced pepper, garlic and cajun seasoning and fry on a gentle heat for 5 mins
- Boil the kettle and mix the stock cube in 400ml of water



## STEP 5

- Stir the chicken back in
- Add the long grain rice, the tomatoes and the chicken stock



## STEP 6

- Put the lid (or a piece of foil) on and simmer gently for 25 mins until the rice is tender.



## STEP 7

- After the jambalaya has been simmering for 20 mins, remove the lid and stir in the frozen peas for the final 5 minutes.



## STEP 8

- Remove the lid, serve onto plates and enjoy this savoury one pot rice dish.

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