



VEGGIE JAMBALAYA



INGREDIENTS

SERVES 5

- 2 tbsp olive oil (not provided)
- 1 large onion, diced
- 1 red & 1 yellow pepper, chopped
- 4 celery sticks
- 2 garlic cloves, finely chopped
- 1 tbsp cajun seasoning
- 200g long grain rice
- 400g tin chopped or plum tomatoes
- 400g tin butter beans or similar, drained
- 1 veggie stock cube
- 400ml water
- 200g frozen peas

ALLERGENS

Celery

EQUIPMENT

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

STEP 1

- Chop all the vegetables as indicated
- Drain the butter beans



STEP 2

- Heat 1 tbsp oil in the frying pan
- Add the onions, pepper and celery and fry on a medium heat for 5 mins until soft
- Stir continuously



STEP 3

- Stir in the cajun seasoning and the dry rice.
- Add the tomatoes and a can of water and mix well



STEP 4

- Next, stir in the garlic, the butter beans and crush and mix in the stock cube.



STEP 5

- Add in an extra ½ can of water, bring to a simmer, cover and cook for 25 mins until the rice is soft and has absorbed the liquid.



STEP 6

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



STEP 7

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



TOP TIP

- Keep an eye on the dish at the end to make sure it does not cook dry and if necessary add some more water.

Don't forget to ask your parents to join the 'BRITE Box Cooking Community' Facebook group to share photos, get **energy saving tips** and more recipes. Scan this code to join!

