

Jambalaya

Ingredients

- 1 or 2 chicken breasts or 200g Quorn chicken pieces
- 50g chorizo sausage
- 2 cloves garlic
- 150g long grain rice
- 1 pepper
- 1 large onion
- 1 stick celery
- 1 tablespoon oil
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 1 teaspoon tabasco sauce
- 1 chicken stock cube (made into a 300ml stock)
- 400g tin chopped tomatoes



Method

1. Boil the kettle and make up your stock. Leave to the side.
2. Cut the chicken and chorizo sausage into small, bite-sized pieces.
3. Finely dice the onion and celery.
4. Peel and crush the garlic
5. De-seed and slice the peppers thinly.
6. Heat oil in a large saucepan.
7. Fry the chicken or Quorn pieces for 5-8 minutes, until it begins to go brown. Remove it and put it into a clean bowl.
8. In the same pan, fry the onion, celery and peppers for 5 minutes, then add the garlic.
9. Stir in the rice and fry for 1 minute
10. Stir in the thyme, paprika and tabasco sauce.
11. Add the chicken or Quorn, chorizo, chicken stock and tinned tomatoes. Bring to the boil.
12. Reduce the heat and simmer the mixture for 20 minutes, stirring frequently, until all the liquid had been absorbed and the rice is cooked. Be careful not to let the rice stick and burn on the side of the pan.
13. Serve with a crisp salad.