

Chicken Jambalaya

(Serves 2)

Ingredients

- ½ tsp Rapeseed oil (Canola)
- 200g Chicken Breast fillets, diced
- ½ Stockpot, (Knorr chicken) with 400mls water
- 1 med Pepper, green, de-seeded and chopped
- 150g Celery, sliced into small pieces
- 4 Spring onions, chopped
- 1 x 400g tin, Tomatoes, chopped, napolini
- 1 tsp Cumin, ground
- 1 tsp Allspice, ground
- ½ tsp Cayenne pepper
- ½ tsp Dried Thyme
- ½ tsp Black pepper
- 150g Basmati rice

Preparation

1. Pour oil into a non-stick pan, heat & fry chicken for 4-5 minutes until starting to brown.
2. Meanwhile, make stock. Add green pepper, celery & onions to a separate non-stick pan with 50mls of the stock.
3. Cover & cook on a high heat for a few minutes to soften.
4. Add tomatoes, spices, thyme, black pepper & chicken. Stir in rice & remaining stock. Bring to boil.
5. Cover closely & simmer for about 20 minutes, until rice is tender & absorbed, stirring regularly.
6. Serve.

NUTRITIONAL VALUES

PER SERVING

Calories 524

Total Sugars 11.19g

Total Fats 6.38g

Saturated Fats 1.05g

Salt 0.98g

Fruit & Veg 3.6