

Chicken & chorizo jambalaya

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Prep 10 mins, Cook 45 mins

Ingredients (serves 3):

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1 tbsp olive oil
300g chicken breasts, chopped
1 onion, diced
1 red pepper, thinly sliced
2 garlic cloves, crushed
75g chorizo, sliced
1.5-2 tbsp Cajun seasoning
250g long grain rice
400g can plum tomatoes
450ml chicken stock
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250ml water
Optional: 1 Tbsp smoked paprika, some chili/chili flakes

Method:

1. Heat 1 tbsp olive oil in a large frying pan with a lid and brown the chopped chicken breasts for 5-8 mins until golden.
2. Remove and set aside. Add more olive oil. Tip in the 1 diced onion and cook for 3-4 mins until soft.
3. Add more olive oil. Add 1 thinly sliced red pepper, 2 crushed garlic cloves, 75g sliced chorizo and 1.5-2 tbsp Cajun seasoning, and cook for 5 mins more.
4. Stir the chicken back in with 250g long grain rice, add the 400g can of tomatoes and 450ml chicken stock. Cover and simmer for 25-30 mins until the rice is tender. Stir regularly and add the water as the rice soaks up fluids.

Tesco shopping ingredients:

Tesco Finest Chicken Stock 450ml (1.50)
100gr Counter sliced Chorizo (0.90)
Willow farm chicken breast 300gr (1.55)
1x Tesco Large Garlic clove (0.50)
1 Tesco Red Pepper (0.55)
1 Tesco brown onion (0.16)
1x Napolina Peeled Plum Tomatoes 400gr (0.50)
500gr Tesco Easy Cook Long Grain Rice (0.75)
Schwartz Grillmates Cajun Seasoning 25gr (1.00)

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