

# Chicken & chorizo jambalaya



Prep 10 mins, Cook 45 mins

Ingredients (serves 3):

1 tbsp olive oil  
300-600g 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  
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 2 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)  
1-2x Willow farm chicken breast 300gr (1.55x2)  
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)

<https://www.bbcgoodfood.com/recipes/1167651/chicken-and-chorizo-jambalaya>

From:

<http://wuff.dyndns.org/> - **Wulf's Various Things**

Permanent link:

<http://wuff.dyndns.org/doku.php?id=recipes:jambalaya&rev=1546199518>

Last update: **2023/05/29 11:53**

