



PRAWN JAMBALAYA

Serves 6

Ingredients

4 tbsp sunflower oil	450gm prawn tails
100gm chorizo or spicy smoked sausage, sliced	2 bay leaves
2 tsp paprika	1 tsp thyme leaves
8 garlic cloves, chopped	1 tsp oregano, chopped
1 medium onion, chopped	450gm long grain rice
2 green peppers, seeded and chopped	1.2lt stock (chicken is best but veg/fish will suffice)
4 celery sticks, chopped	3 spring onions, chopped thinly
2 medium/hot red chillies, seeded and chopped	salt & pepper
450gm skinned boneless chicken pieces	

Directions

1. Heat the oil in a large deep frying pan. Add the sliced sausage and fry until golden brown. Add the paprika and stir to colour the oil.
2. Add the garlic and cook for 30 seconds. Add the onion, green peppers, celery and red chillies. Cook over a medium heat until lightly browned.
3. Add the chicken, prawns, bay leaves, thyme and oregano and fry for 5 minutes.
4. Add the rice and stir for 2 minutes. Add the stock and a pinch of salt, cover and simmer for 15 minutes until the rice has absorbed all the liquid and is tender.
5. Stir in the spring onions and serve.