

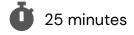




Jambalaya Rice

with Smoked Pork Sausage

A delicious Cajun rice dish made speedy! Jambalaya rice is also known as jumbled rice - our version has smoked sausage, sweet corn and capsicum, all tossed with a mild Cajun spice mix.





4 servings



Change the Flavour!

You can add some smoked paprika and ground turmeric or saffron to the rice as well as the Cajun spice mix. This will create more of a Spanish paella dish! Finish with a squeeze of lemon.

TOTAL FAT CARBOHYDRATES 88g

FROM YOUR BOX

ARBORIO RICE	300g
BROWN ONION	1
SMOKED SAUSAGE	1 packet
FAMILY CAJUN SPICE MIX	1 packet
RED CAPSICUM	1
GREEN CAPSCIUM	1
CORN COBS	2
CHOPPED TOMATOES	400g
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

The rice will continue to cook in step 4, so it is okay to be slightly undercooked after boiling.

The family Cajun spice mix is mild with no chilli. If you prefer a little heat you can add a pinch of cayenne pepper or ground chilli.

Family Cajun spice mix: ground paprika, ground garlic, dried thyme, celery salt.





1. COOK THE RICE

Place rice in a saucepan and cover with plenty of water. Bring to a boil and simmer for 8-10 minutes, or until tender (see notes). Drain and rinse.



2. SAUTÉ THE SAUSAGE

Heat a frypan over medium-high heat with **oil**. Dice onion and slice sausage, add to pan as you go. Cook for 3-4 minutes until browned.



3. ADD THE VEGETABLES

Stir in Cajun spice mix (see notes). Dice capsicums and remove corn from cobs. Add to pan as you go. Cook for a further 5 minutes until softened.



4. STIR IN THE RICE

Stir in chopped tomatoes and cooked rice and cook for 5 minutes until heated through. Season to taste with 1 tbsp vinegar, salt and pepper.



5. FINISH AND SERVE

Slice chives. Stir 1/2 through rice and use remaining to garnish.





