

Cajun Dirty Rice

Ingredients

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- 200g minced beef
- 2 peppers, diced
- 2 onions, diced
- 3 tbsp Cajun spices
- 2 tbsp Worcester sauce
- 200ml beef stock
- 500g rice
- 100g frozen mixed veg
- 4 spring onions, sliced

Method

- 1.** Put the rice and mixed veg on to cook. I do mine in the rice cooker, but you can do it on the stove as you usually would.
- 2.** Put the onion and mince in a large pot and cook until the mince is browned. About 5 minutes.
- 3.** Add the Cajun spices and Worcestershire sauce and stir through.
- 4.** Add the peppers and stir again.
- 5.** Add the beef stock and simmer for 15 - 20 minutes.
- 6.** Once your rice and veg are cooked, stir them into the mince.
- 7.** Add the spring onions, stir through, and serve.