

Dirty Cajun Rice



Ingredients

- 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

For the Cajun spicy mix

- 2 ½ tsp paprika
- 2 tsp salt
- 2 tsp garlic powder
- 1 ¼ tsp dried oregano
- 1 ¼ tsp dried thyme
- 1 tsp ground black pepper
- 1 tsp onion powder
- 1 tsp cayenne pepper
- ½ tsp chilli flakes

Methods

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. Cook as per the packet instructions.
2. Put the onion and mince in a large pot and cook until mince is browned. About 5 minutes.
3. Add the Cajun spices and Worcester 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.

Let's make the Cajun spicy mix:

1. Mix all the ingredients together and store in an airtight jar.