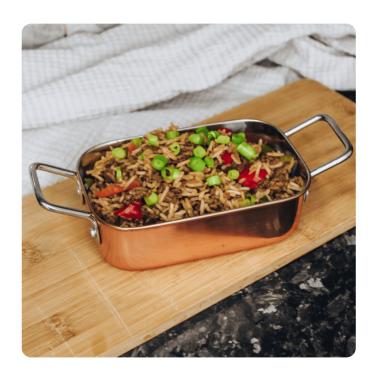
Dirty Cajun Rice



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

- 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.
- Add the spring onions, stir through, and serve.

Let's make the Cajun spicy mix:

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