

Jambalaya

Per Portion
450 Calories
12g Protein
60g Carbs
15g Fat



Ingredients

- 1 tbsp oil
- 1 onion, diced
- 1 red pepper, sliced thinly
- 2 garlic cloves, crushed
 - 100g chorizo, sliced
- 2 tbsp smoked paprika
 - 500g rice
- Tin of chopped tomatoes
 - 700g chicken stock

Method

1. Heat the oil in a large pan.
2. Add the onion and cook for 3-4 minutes.
3. Add in the peppers, garlic, chorizo and spice and cook for a further 5 minutes.
4. Add the rice, tomatoes and stock.
5. Stir well to combine and cook for a further 20 minutes.
6. Take off the heat and leave covered until the rice is cooked and liquid is absorbed.
7. About 10 minutes.

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*