

 Chicken and chorizo jambalaya

(serves 4 people)

This is a tasty chicken recipe that can be made with quorn fillets instead of chicken. This only uses one pan so it saves on washing up!! It is a quick and easy meal that can be made in around half an hour.

Ingredients

* 1 tbsp olive oil/couple of squirts of spray oil
* 2 chicken breasts, chopped into cubes
* 1 onion, peeled and sliced
* 1 red pepper, sliced
* 2 cloves garlic
* 75g chorizo or bacon\*, chopped
* 1 tbsp cajun type seasoning\*
* 250g brown rice
* 1 x400g tin tomatoes
* 350ml chicken stock made with 1 low salt chicken stock cube\*

 Method

1. Heat the oil in a pan and cook the chicken until browned (about 10 minutes).
Then take the chicken out and set aside.
2. Tip in the diced onion in the pan used for the chicken and cook for 3-4 minutes.
3. Then add the pepper, garlic, chorizo and seasoning.
4. Cook for a further 5 minutes.
5. Add the chicken back in, along with the rice and tomatoes and stock.
6. Cover and let it simmer for around 25 minutes until all the rice is cooked through; add more water if necessary.

\*Can contain or is one of the 14 common allergens