

Jambalaya



Jambalaya is a French word that means 'jumbled' or 'mixed up'. Jambalaya is a dish of Spanish and French influence. It consists of meat and vegetables mixed with rice. Traditionally, the dish always includes sausage of some sort, often a smoked sausage. After browning the meat and vegetables, the rice, seasonings, and stock are added and the entire dish is cooked together until the rice is done.

Ingredients:

400g Tin Chopped Tomatoes

200g Vegetables of Your Choice (e.g. Courgettes, Mushroom, Peppers, Peas, Sweetcorn, Leeks, Celery)

100g Chicken or Quorn Chicken Fillet

100g Long Grain Rice

30g Chorizo Sausage (Optional)

1 Onion

1 Tablespoon Sunflower or Olive Oil: From School

1 Tablespoon Herbs (e.g. Dried Mixed Herbs, Basil, Coriander, Parsley, Thyme): From School

1 Teaspoon Paprika (Optional): From School

1 Teaspoon Tabasco Sauce (Optional): From School

1 Garlic Clove

1 Chicken Stock Cube made up to 150ml with hot water

Important Reminder:

Please bring a container to carry your jambalaya home in.

Method:

1. Weigh and measure out all ingredients accurately.
2. Measure out 150ml of hot water into a jug and dissolve the stock cube in the water.
3. Cut the vegetables into small even size pieces.
4. Crush the garlic and place this into the saucepan.
5. Cut the chorizo sausage into small even size pieces.
6. Cut the raw chicken on the red chopping board, this needs to be prepared into small even size pieces.
7. Wash the rice in a sieve under the cold tap.
8. Put the oil into a saucepan which contains the garlic. Add the meat and onion and heat gently for 5 minutes on a low heat making sure you regularly stir the mixture with a white plastic spoon to avoid sticking. Do not leave the saucepan unattended.
9. Add the rice, heat and stir for 1 minutes.
10. Add any other vegetables and cook for a further 2-3 minutes.
11. Stir in the herbs of your choice, paprika and tabasco sauce.
12. Add the chorizo sausage, chicken stock and canned tomatoes, bring to the boil.
13. Reduce the heat and simmer the mixture for 10 minutes, stirring frequently, until most of the liquid has been absorbed and the rice is cooked. Be careful not to let the rice sticking and burn on the base of the saucepan.
14. To reheat at home: Transfer the jambalaya into a saucepan and reheat until the product is piping hot all the way through. If the mixture looks dry, add some more water.

