



NANDOS STYLE CHICKEN & RICE



INGREDIENTS

1 onion – peeled and finely chopped

1 pepper – finely diced

150g canned vegetables (eg. peas,
sweetcorn)

200g easy cook rice

2 cooked chicken breasts - cut into chunks

3 teaspoons tomato puree

1 vegetable **stock cube**

1 teaspoon mixed herbs

1 teaspoon garlic granules

1 teaspoon smoked paprika

1 teaspoon Cajun spice

300ml cold water

EQUIPMENT

sharp knife, chopping board

3ltr (large) slow cooker, can opener,

measuring jug, small bowl, teaspoon

SERVES: 4-6

PREP TIME: 15 minutes

ALLERGENS: mustard, celery

COOK TIME: 2-3 hours HIGH

METHOD

- 1 Prepare the vegetables and add to the slow cooker.
- 2 Add the rice, chicken, tomato puree, stock, herbs, spices and water and mix thoroughly.
- 3 Place the lid on the slow cooker and cook on HIGH for 2-3hours until all of the water has been absorbed and the rice is cooked. About 30 minutes before serving add some frozen peas (if using).
- 4 Once cooked, serve immediately.

HANDY HINTS!

- * Try not to remove the lid of the slow cooker too often, as this will increase the cooking time.
- * If you don't have a slow cooker, this recipe can be made in the oven. Just pop everything into an oven proof tin, add an extra 100ml water, cover tightly with foil and cook in the oven for 45-55 minutes.