



SPICY CHICKEN & RICE

INGREDIENTS

- 1 teaspoon vegetable oil
- 1 onion – peeled and finely chopped
- 1 clove garlic – finely chopped
- 1 pepper – finely diced
- 200g easy cook rice
- 200g cooked chicken – diced thinly
- 150g frozen vegetables (eg. peas, sweetcorn, beans)
- 2 teaspoons tomato puree
- 1 vegetable stock cube
- 1/2 teaspoon mixed herbs
- 1 teaspoon smoked paprika
- 1/2 teaspoon Jerk or Cajun spice
- 1 teaspoon lemon juice
- 400ml cold water

EQUIPMENT

- chopping board, sharp knife,
- frying pan, wooden spoon,
- medium size (1lt) oven-proof tin,
- measuring jug, foil

SERVES: 4-6

PREP TIME: 15 minutes

ALLERGENS: mustard, celery

COOK TIME: 45-50 minutes

METHOD

- 1 Preheat the oven to 180°C/Gas 4.
- 2 Heat the oil in the pan. Add the onion, garlic and pepper and cook over a medium heat for 5 minutes, until it starts to soften.
- 3 Transfer the onion mixture to the oven-proof dish. Add the rice, chicken, frozen vegetables, tomato puree, stock, herbs and spices and mix thoroughly. Then pour over the water, ensuring it fully covers the rice.
- 4 Tightly cover the dish with foil (this will prevent any steam escaping whilst cooking) and place in oven for 45-50 minutes until the rice is soft and the water has been absorbed. Serve immediately with some steamed vegetables

HANDY HINTS!

- * Why not make a double batch and freeze some for a later date? Once cooked, portion out and cool it quickly. It can then be frozen for up to 1 month. To serve, defrost in the fridge and then reheat thoroughly (until piping hot) in a microwave.



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