

Jambalaya

This is an American Cajun dish of French and Spanish influence. With its variety of ingredients, Jambalaya creates a delicious, well balanced meal.

Cooking Aims:

To safely cut both soft and hard foods safely.

To cook and prepare a rice dish.

Ingredients:

- 1 large onion
- 1 red or green pepper
- 4 sausages or chorizo
- 2 tbsp vegetable oil
- 150g rice
- 400g tin chopped tomatoes
- 250ml cold water
- 1 tbsp dried or fresh thyme
- ¼ tsp cayenne pepper
- 1 tsp paprika
- 1 chicken stock cube



What we need to do:

- Peel and chop the onion.
- Wash, deseed and chop the pepper.
- Slice the sausage or ham into small pieces.
- Heat the oil in the saucepan for 1 minute then fry the onion and rice for 2 – 3 minutes until the onion softens.
- Stir in the pieces of sausage or ham, pepper, rice, tomatoes, water, thyme, cayenne pepper, paprika and stock cube.
- Bring to the boil then cover the pan with the lid and leave to simmer for 25 minutes, stirring occasionally.
- The Jambalaya is cooked once the rice is soft and all the liquid has absorbed.

CHALLENGE

Have a go at home and get an adult at home to send your final photos to us here at Classroom Kitchen! We'd love to showcase the healthy eating happening across the UK! You can find us on Facebook at www.facebook.com/classroomkitchen or on Twitter (@ClassroomK). Use the hashtag: #CKCookAtHome