

Creole Jambalaya

REF:

Serves: 8

Cuisine: Creole

Preparation time: 20 Minutes

Cooking time: 35 Minutes

Ingredients:

1	Large onion, chopped
3 stalks	Celery, trimmed and diced
1	Green pepper, Chopped
15g	Butter
2 cloves	Garlic, chopped
240g	Cooked ham, Diced into cubes
400g	Tin Chopped tomatoes, undrained
500g	Beef stock
120g	Uncooked long grain white rice
240ml	Water
1 tsp	Sugar
1 tsp	Dried thyme
½ tsp	Chili powder
¼ tsp	Pepper
750g	Fresh or frozen uncooked prawns, peeled and deveined
7g	Fresh parsley, chopped

Method:

1. In a large pot, heat the butter over a medium-high heat.
2. Add the onion, celery and green pepper and fry until tender.
3. Add the garlic and cook for a further 1 minute.
4. Add everything else except the prawns and parsley then bring to a boil over medium-high heat.
5. Reduce the heat. Cover and simmer for about 25 minutes until the rice is tender.
6. Add prawns and parsley. Simmer, uncovered for 7-10 minutes or until prawns turn pink.

To Serve:

Straight from the pot.

Chef's Notes: