

## Cajun Chicken Gumbo

REF:

**Serves: 6**

**Cuisine: Cajun**

Preparation time: 15 Minutes

Cooking time: 40 Minutes

### **Ingredients:**

4 tbsp	Olive oil
5	Skinless chicken breasts, cut into chunky pieces
1	Onion, chopped
2 sticks	Celery, sliced
3	Bay leaves
5 tbsp	Plain flour
4 tsp	Cajun spice mix (or 1 each paprika, ground cumin, ground chilli and dried basil)
600ml	Chicken stock (made with 2 stock cubes)
2	Green peppers, deseeded and cut into chunks
300g	Thickly sliced ham, trimmed of any fat and diced
3	Spring onions, sliced
2 tbsp	Roughly chopped parsley

### **Method:**

1. Heat 1 tbsp of the oil in a wide casserole or big frying pan and fry the chicken for a few minutes to brown. Tip out onto a plate.
2. Add the onion to the pan with 1 tbsp more oil and fry for 5 minutes until almost softened.
3. Add the celery and fry for another 2 minutes then tip out to join the chicken.
4. Add the remaining oil, bay leaves and flour to the pan and cook into a paste. Carry on cooking, stirring constantly (with a splash of water if you need), until golden brown, then stir in the spices for 2 minutes.
5. Gradually stir in the stock until smooth and saucy. Return the chicken and veg to the pan, along with the peppers, cover and simmer gently for 15 minutes. Stir in the ham, cover and simmer gently for 10 minutes more.
6. Check for seasoning, then serve, sprinkled with the spring onions mixed with the chopped parsley.

### **To Serve:**

Straight from the pot.

### **Chef's Notes:**