KIKKOMAN

Jambalaya

Total time **45 mins** **45 mins** preparation time

Nutritional facts (per portion):
2,734 kJ / 653 kcal

Fat: **25 g** Protein: **35.7 g**
Carbohydrates: **75 g**

INGREDIENTS

4 portion(s)

2 tbsp	oil to fry
7	chicken thigh fillets, skin on
1	onion, sliced
2	cloves garlic, crushed
2	sticks celery, chopped
1	red pepper, chopped
1	green pepper, chopped
0.5 tsp	cayenne chilli powder
0.5 tsp	ground ginger
300 g	long grain rice
400 ml	chicken or vegetable stock
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
400 g	canned chopped tomatoes
	Sprig of fresh thyme
100 g	cooked prawns

PREPARATION

Step 1

Heat the oil in a large casserole dish or other flameproof pan.

Step 2

Add the chicken and fry until brown on both sides. Remove from pan and set aside.

Step 3

Now add the onion to the pan and soften over the heat for 2-3mins, before adding the garlic, celery and peppers. Stir well and cook for 3-4mins then return the chicken to the pan.

Step 4

Add the chilli powder and the ginger and stir well to coat everything.

Step 5

Next add the rice and pour in the stock, soy sauce and canned tomatoes and thyme. Stir well to combine.

Step 6

Scatter the prawns on top, the cover and leave to cook for 20-25mins or until the rice is cooked. Check it half way through cooking and add more liquid if needed.