



UCOOK

Veggie Jambalaya

with green pepper & corn on the cob

A beautiful New Orleans-inspired dish; a soul-warming combination of green peppers, carrots, chilli, black beans and pickled peppers cooked together in a tomato-based sauce with brown basmati rice. Sided with bright yellow corn on the cob for some crunch and sweetness, you'll want seconds, thirds and fourths!


Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Sarah Hewitt

 Veggie

 Boschendal | 1685 Shiraz

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Ingredients & Prep

5ml	Vegetable Stock
1	Red Onion <i>½ peeled & finely diced</i>
5ml	NOMU Spanish Rub
120g	Carrot <i>rinsed, trimmed & cut into chunks</i>
1	Green Bell Pepper <i>½ rinsed, deseeded & cut into bite-sized pieces</i>
100g	Cooked Chopped Tomato
1	Fresh Chilli <i>deseeded & roughly chopped</i>
75ml	Brown Basmati Rice <i>rinsed</i>
60g	Black Beans <i>drained & rinsed</i>
25g	Pickled Bell Peppers <i>drained & roughly chopped</i>
1	Corn On the Cob <i>silks removed</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. ALL ABOUT THAT BASE Boil the kettle. Dilute the stock with 300ml of boiling water. Place a pot over a medium heat with a drizzle of oil. When hot, add the diced onion and the rub and fry for 3-4 minutes until soft, shifting occasionally. Add the carrot chunks and the green pepper pieces and fry for 3-4 minutes until slightly softened, shifting occasionally. Add the cooked chopped tomato, the diluted stock, and the chopped chilli (to taste). Mix until fully combined and leave to simmer for 10-20 minutes until slightly reduced, stirring occasionally.

2. FINISHING TOUCHES Once the sauce has reduced, add the rinsed rice and 150ml of water. Leave to simmer for 25-35 minutes with the lid, stirring occasionally. In the final 2-3 minutes, add the drained black beans and chopped pickled peppers. On completion, the rice should be tender. Add a sweetener of choice and seasoning - both to taste.

3. SO CORNY While the jambalaya is cooking, place a pan, with a lid, over a high heat. Add a drizzle of oil and a splash of water just to cover the base. Once simmering, place the corn on the cob in the pan and pop on the lid. Cook for 6-7 minutes until most of the water has evaporated. Remove the lid, and fry for a further 2 minutes until cooked through and golden, turning as it colours. Set aside to cool.

4. PUMP UP THE JAM-BALAYA! Serve up a hearty portion of the jambalaya and side with the golden corn. Sprinkle over the chopped parsley. Yum!



Chef's Tip

Rice can absorb sweetness and seasoning as it cooks, so make sure you only season after the rice has cooked, testing to taste as you go!

Nutritional Information

Per 100g

Energy	331kJ
Energy	79Kcal
Protein	2.7g
Carbs	17g
of which sugars	4g
Fibre	2.8g
Fat	0.7g
of which saturated	0.1g
Sodium	206mg

Allergens

Allium, Sulphites

Cook
within
4 Days