



# 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!

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**Hands-On Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 3 People

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**Chef:** Sarah Hewitt

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 Veggie

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 Boschendal | 1685 Shiraz

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## Ingredients & Prep

15ml	Vegetable Stock
2	Red Onions <i>1½ peeled &amp; finely diced</i>
15ml	NOMU Spanish Rub
360g	Carrot <i>rinsed, trimmed &amp; cut into chunks</i>
2	Green Bell Peppers <i>1½ rinsed, deseeded &amp; cut into bite-sized pieces</i>
300g	Cooked Chopped Tomato
2	Fresh Chillies <i>deseeded &amp; roughly chopped</i>
225ml	Brown Basmati Rice <i>rinsed</i>
180g	Black Beans <i>drained &amp; rinsed</i>
75g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
3	Corn On the Cob <i>silks removed</i>
12g	Fresh Parsley <i>rinsed, picked &amp; 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 900ml 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 6-8 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 15-25 minutes until slightly reduced, stirring occasionally.

**2. FINISHING TOUCHES** Once the sauce has reduced, add the rinsed rice and 450ml 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