

# Creole-style prawn jambalaya



Speedy supper dish • 2 of your 5 a day • low in fat

**Serves 4** prepare 10 mins | cook 10 mins



1 tsp sunflower oil  
1 red onion, chopped  
2 red peppers, deseeded and diced  
2 celery stalks, sliced  
60g Cooks' Ingredients Diced Chorizo  
2 x 250g packs Tilda Steamed Brown Basmati Rice  
200g Waitrose Raw Jumbo King Prawns  
2 tomatoes, roughly chopped  
1-2 tsp Bart Creole Spice Mix  
25g pack fresh flat-leaf parsley, chopped

## Have you heard?


In readiness for the outdoor grilling season, Tilda has launched a new Limited Edition Barbecue Rice. Look out for it in stores now.


- 1 Heat the oil in a large frying pan and cook the onion, peppers, celery and chorizo for 5 minutes until the vegetables have softened.
- 2 Meanwhile, heat the rice in a microwave according to the packet instructions.
- 3 Stir the prawns, tomatoes and spice mix into the pan and cook for 2 minutes. Add the warm rice and continue to stir-fry for a further 2 minutes until the prawns are cooked through and the jambalaya is piping hot. Stir through the parsley and serve.



### Cook's tip

The word 'jambalaya' comes from the Provençal word meaning 'mix up' – so why not try varying the ingredients you add to your rice.

 We'd love to see how you got on with this recipe. Tweet us your pictures using @waitrose

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**Nutrition** 339kcal/19.9g protein/42.9g carbohydrate/9.1g sugars/9.8g fat/3g saturated fat/5.9g fibre/1.6g salt per serving

Some products are available only in larger branches. Subject to availability. Excludes Little Waitrose and concessions. Waitrose Limited, Bracknell, Berkshire, RG12 8YA. Find great offers in branch and at [waitrose.com](http://waitrose.com)



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August 2013