



Microwave jambalaya

PREP: 35 MINS - 45 MINS

EASY

SERVES 4

Ingredients

400g can chopped tomatoes with garlic

Easy-cook rice

1 red pepper, seeded and chopped

2 chorizo or other spicy sausages, about 200g/8oz, skinned and chunkily chopped

2 handfuls of frozen sweetcorn kernels or a 198g can, drained

a large sprinkling of Cajun seasoning

To serve

a small handful parsley, chopped (optional)

142ml tub soured cream

Method

Tip the tomatoes into a large microwavable bowl. Fill the empty can with rice and tip it into the bowl, then fill the can with water and pour it in. Stir in the pepper, chorizo, sweetcorn, Cajun seasoning and some salt and pepper to season.

Cover the bowl with cling film and pierce a couple of holes in it with a knife. Microwave the rice for 10 minutes at 750W. Tear off the cling film and give everything a really good stir, then return the uncovered bowl to the microwave for another 12-15 minutes until the rice is done.

Take the bowl out of the microwave, cover it with a plate and leave to stand for 5 minutes before stirring in the parsley, if you are using it. Serve the jambalaya straight from the bowl, with the soured cream to spoon over it.

Recipe from Good Food magazine, May 2003

Tips and suggestions:

- Add a finely chopped onion and a chicken stock cube and also some cooked spicy chicken.
- Add a packet of cooked, peeled prawns about 2 minutes before the end.
- Some spring onions sliced on the diagonal stirred in once it has stood for a couple of minutes works very well.
- Just in case anyone else is planning on halving the recipe as I did, I'll say about 8 minutes with the cling film on, then 4 minutes, stir, 4 minutes. Mind you, I was also using an 800w microwave