



## Sweet Pepper and Chickpea Jambalaya



Jambalaya is a Creole cuisine rice dish originating from Louisiana. Influenced by Spanish and French cuisine, this dish consists of rice, vegetables, and sometimes meat flavoured with cajun spices. This is a super easy dish, and tastes even better as leftovers the next day!

### Nutritional Info

Calories: 527kcal  
Carbohydrates: 100.4g  
Protein: 18g  
Fat: 3.8g

### Ingredients

- Basmati rice
- Onion
- Garlic
- Bell pepper
- Chickpeas
- Vegetable stock cube
- Tomato puree
- Spice mix
  - Cajun Spice
  - Smoked Paprika

### Your Pantry

- Olive oil

### Allergens

Celery (Cajun spice, Stock Cube)  
Stock cube may also contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

## 1) Prepare the vegetables & boil the kettle

Peel and finely dice the onion. Peel and crush the garlic. Slice the pepper into strips. Drain the chickpeas.

Make the stock up to 250ml per person and set aside.

## 2) Saute the vegetables

Add a drizzle of oil to a deep, medium size frying pan or saucepan. Place on medium heat and once hot, add the onion. Cover with a lid and cook down for 3-4 minutes or until softened and beginning to caramelise. Add the peppers and garlic and cook for a further 2 minutes, taking care to ensure the garlic does not burn.

## 3) Cook the rice

Add the spice mix to the pan and allow to cook for 30 seconds so as to release the flavours. Add in the rice, chickpeas, stock and tomato puree. Stir, cover with a lid or tin foil, and leave to cook for 12-15 minutes, or until the rice is tender.

## 4) Plate the dish

Serve the jambalaya in deep dishes.



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