

NANDOS STYLE CHICKEN & RICE



SERVES: 4-6

PREP TIME: 15 minutes

ALLERGENS: mustard, celery

COOK TIME: 45-50 minutes

INGREDIENTS

- 1 onion – peeled and finely chopped
- 1 pepper – finely diced
- 150g frozen vegetables (eg. peas, sweetcorn, beans)
- 200g easy cook rice
- 200g cooked chicken – diced thinly
- 2 teaspoons tomato puree
- 1 vegetable stock cube
- 1/2 teaspoon mixed herbs
- 1 teaspoon garlic granules
- 1 teaspoon smoked paprika
- 1 teaspoon Jerk or Cajun spice
- 400ml cold water

EQUIPMENT

- chopping board, sharp knife,
- frying pan, wooden spoon,
- medium size (1lt) oven-proof tin,
- measuring jug, foil

METHOD

- 1** Preheat the oven to 180°C/Gas 4.
- 2** Place the onion, pepper and frozen vegetables into a microwavable bowl and mix together. Cover with a plate (or cling film), then cook in the microwave on HIGH for 3 minutes until the vegetables are softened.
(Alternatively, place the ingredients in a saucepan and cook on the hob until piping hot.)
- 3** Transfer the onion mixture to the oven-proof dish. Add the rice, chicken, tomato puree, stock, herbs and spices and mix thoroughly. Then pour over the water, ensuring it fully covers the rice.
- 4** Tightly cover the dish with foil (this will prevent any steam escaping whilst cooking) and place in oven for 45-50 minutes until the rice is soft and the water has been absorbed. Serve immediately with some steamed vegetables

HANDY HINT!

- * Why not make a double batch and freeze some for a later date? Once cooked, portion out and cool it quickly. It can then be frozen for up to 1 month. To serve, defrost in the fridge and then reheat thoroughly (until piping hot) in a microwave.

