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## Your Favourite Orange and Honey Chicken Jambalaya

Every week our little kitchen brigade are concocting new recipes to tickle your taste buds and whilst they hope every recipe is great, occasionally they strike total gold. Tonight's recipe was one such discovery. We've had so many requests to bring it back, that we thought its reappearance was the only way to prevent civil unrest.

35 min

spicy

gluten free

lactose free



Garlic Clove



Onion



Flat Leaf Parsley



Chicken Stock Pot



Green Pepper



Chicken Thigh



Orange



Honey



Chorizo



Habanero Sauce




Basmati Rice



Organic Chopped Tomatoes

## Ingredients

	2P	4P
Garlic Clove, diced	1	2
Onion, diced	½	1
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Chicken Stock Pot	½	1
Green Pepper, chopped	1	2
Chicken Thigh	3	6
Orange	½	1
Honey	½ tbsp	1 tbsp
Chorizo <b>1</b>	1 pack	2 packs
Habanero Sauce <b>1</b>	few drops	few drops
Basmati Rice	1 cup	2 cups
Organic Chopped Tomatoes	1 tin	2 tins

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Sulphites

**Nutrition per serving:** Calories: 658 kcal | Protein: 39 g | Carbs: 95 g | Fat: 17 g | Saturated Fat: 6 g

2



**1** Peel and finely dice both the garlic and half the onion and finely chop the parsley. Boil 300ml of water in a pot with half the chicken stock pot. Remove the core from the pepper, cut into 1cm strips then chop into small cubes. Finally, cut the chicken into bite-sized pieces.

*sauce is the secret ingredient for that perfect Cajun kick - add as little or as much as you like, depending on how much you want to spice things up.*

3



**2** Heat 2 tsp of olive oil in a non-stick frying pan on high heat. Cook the chicken with a pinch of salt and pepper until browned off on all sides. Now grate over ¼ tsp of orange zest and pour on the honey. Toss for a minute before removing from the pan and keeping to the side.

**5** Add in the rice and the tin of tomatoes together with 300ml of chicken stock. Place a lid on the pan and cook on medium-low heat for 10 mins. Then remove the lid and cook for another 10 mins.

4



**3** Turn the heat to medium and add 1 tbsp of olive oil. Add the onion and cook off for a few mins. Add the chorizo to the pan with the garlic and green pepper. Cook for another 5 mins.

**6** After 20 mins, taste a bit of rice to see if it is cooked and seasoned enough. Adjust salt and pepper as necessary and add a little more water if you need to, (a proper Jambalaya is nice and saucy when cooked).

6



**4** Add the chicken back into the pan with the juice of a quarter of your orange. Add in a few shakes of habanero sauce. **Tip:** *Habanero*

**7** Once the rice is perfectly cooked, stir in all but a sprinkle of finely chopped parsley. For a finishing flourish sprinkle over a little more parsley and squeeze over a bit more orange juice.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!