



Prawn jambalaya



Prep: 10 mins
Cook: 35 mins



Easy



Serves 2



Ingredients

- 1 tbsp rapeseed oil
- 1 onion, chopped
- 3 celery sticks, sliced
- 100g wholegrain basmati rice
- 1 tsp mild chilli powder
- 1 tbsp ground coriander
- ½ tsp fennel seeds
- 400g can chopped tomatoes
- 1 tsp vegetable bouillon powder
- 1 yellow pepper, roughly chopped
- 2 garlic cloves, chopped
- 1 tbsp fresh thyme leaves
- 150g pack small prawns, thawed if frozen
- 3 tbsp chopped parsley

Method

Step 1 Heat the oil in a large, deep frying pan. Add the onion and celery, and fry for 5 mins to soften. Add the rice and spices, and pour in the tomatoes with just under 1 can of water. Stir in the bouillon powder, pepper, garlic and thyme.

Step 2 Cover the pan with a lid and simmer for 30 mins until the rice is tender and almost all the liquid has been absorbed. Stir in the prawns and parsley, cook briefly to heat through, then serve.

