

Easy Cajun Chicken Paella

Serves: 4

Prep time: 20 minutes

Cook time: 20 minutes



2 ½ serves per portion

Ingredients

1 tablespoon olive oil

4 chicken thigh fillets, fat trimmed and chopped into 3cmx3cm pieces

400g can diced tomatoes

450g microwavable brown rice packet

5 cups mixed stir fry vegetables (such as broccoli, cauliflower, carrot, beans, capsicum), diced into similar sized pieces

1 tablespoon Cajun seasoning (store bought or homemade per recipe below)

Cajun Seasoning

2 tablespoons ground paprika

1 teaspoon ground cinnamon

1 teaspoon ground black pepper

½ teaspoon ground nutmeg

½ teaspoon ground cumin

½ teaspoon dried oregano

¼ teaspoon ground ginger

¼ teaspoon dried thyme

2 teaspoons orange zest

Method

COMBINE all Cajun seasoning ingredients in a bowl and mix well.

TOSS chicken in Cajun seasoning until well coated.

PREHEAT olive oil in a large non-stick pan over high heat.

COOK the seasoned chicken pieces until well browned.

ADD canned tomatoes to cooked chicken and bring to a simmer.

HEAT rice in microwave to packet directions.

STIR vegetables and rice in with chicken and tomato.

COOK for 5 – 8 minutes or until vegetables are cooked. Stir occasionally to prevent sticking.

SERVE immediately.



Everyday Food

Recipe courtesy of the Country Kitchens team