



LEFTOVER CHICKEN JAMBALAYA

Recipe by Jude Samson: Winner Main Course Category Ambassador 2013

Serves: 4 People
Prep Time: 15 minutes
Cook Time: 20 minutes

Ingredients:

2 onions, peeled and sliced
2 sticks celery, sliced
1 green pepper, sliced
2 tablespoons of oil
100g mushrooms, sliced
400g (1 tin) chopped tomatoes
125ml chicken stock
125ml dry white wine
150g long grain rice
200-250g leftover chicken

Step by step:

- 1 Fry sliced onions, celery & pepper in oil till lightly browned.
- 2 Add mushrooms, tomatoes, stock, wine and rice.
- 3 Cook slowly 15-20 minutes until rice is soft, adding more stock or hot water as needed.
- 4 Dice chicken and add to mixture.
- 5 Heat through and serve.

Each portion based on 4 servings contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
379	5.9g	12g	1.7g	1.3g	4.0g
19%	7%	17%	9%	22%	17%

of an adult's guideline daily amount



**MAKE 28
TASTE GREAT!**



Chef's tips *from Jude*

Tasty and filling - and so easy to make! A dish my mum has made since I was a child and I've always loved it. I also add in any veg I have left over from a meal - from peas and sweetcorn to roasted sweet potatoes. Peel the stringy bits from the celery before chopping to reduce the bitter taste. Even if you don't have as much chicken as the recipe says, it still works well!

Use up

Add cooked and uncooked vegetables, vegetables that need using.

Variations

The recipe can be used with other leftover meats, poultry or fish.

Extra flavour

Try adding a pinch of chilli or black pepper if you like spicy food.

Freezer advice

Not recommended for freezing. Use leftovers within 24 hours. Makes a great snack, cold for lunch the next day.

Vegetarian & vegan options

Try with tofu or vegetarian meat alternatives.

Allergy advice

Easily adaptable to avoid allergens and be suitable for most diets.

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A delicious and nutritional way of using leftover chicken which, along with bread and vegetables, is one of the most commonly thrown away foods. The recipe makes a mid-week meal extra-special with its jumble of cooking influences.

Make 28 Taste Great is organised by Merseyside Recycling and Waste Authority to help reduce food waste, which makes up 28% of waste sent to landfill in Merseyside and Halton. The competition for residents, looks for winning ways to use leftovers and ingredients to create imaginative, healthy meals with a regional flavour.



For lots more recipes and advice on making the most of your food, visit recycleformerseysideandhalton.com

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MAKE 28 TASTE GREAT!