



HEALTHY PRAWN JAMBALAYA RECIPE

☰ Prep: 15 mins
 🕒 Cook: 30 mins
 🍴 Servings: 2
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Ingredients

- ▲ spray olive or canola oil spray
- ▲ 1 onion, finely chopped
- ▲ 1 clove garlic, finely chopped
- ▲ 1 stalk celery, finely chopped
- ▲ 1 capsicum, chopped
- ▲ 1/4 tsp cayenne pepper, optional
- ▲ 1 tsp smoked paprika
- ▲ 2/3 cup rice (uncooked)
- ▲ 1 1/2 tsp reduced-salt vegetable stock
- ▲ 1 1/2 cups water
- ▲ 1 x 400 g can no-added-salt diced tomatoes
- ▲ 200 g uncooked (green) prawn, peeled

Method

1. Heat oil in a large non-stick pan. Cook onion for 3 minutes until softened, stirring often.
2. Add garlic, celery, capsicums, paprika and cayenne; season with pepper. Cook for 3 minutes until fragrant then stir in rice, stock powder, water and tomatoes.
3. Bring to the boil, stirring often, then reduce heat to medium, cover pot and simmer for 12-15 minutes or until rice is tender. If the rice is still firm and there is no liquid left, add a little more water and cook for a little longer.
4. Add prawns to the pot, stir through rice and cook a further 3-5 minutes until they change colour and are cooked through.
5. Divide jambalaya between plates, top with parsley and lemon wedges if desired.

Nutrition Information

	per serving	per 100g
Energy	2122 kJ	264 kJ
	507 Cal	63 Cal
Protein	34 g	4 g
Fat, total	4 g	0.6 g
— saturated	0.5 g	0.1 g
Carbohydrate	75 g	9 g
— sugars	15 g	2 g
Sodium	1036 mg	129 mg
Fibre	10 g	1 g