**Jambalaya**

Ingredients

 **Complexity**: Medium-high

400g chicken or pork

1 onion

2 garlic cloves

5 spring onions

½ red pepper

100g button mushrooms

1 Courgette

oil (school)

1 x 5ml spoon mild chilli powder

2 x 5ml spoon ground turmeric

225g easy cook rice

Stock cube

1 x 400g can chopped tomatoes

Ground black pepper

3 Whole cloves

**Equipment**

Chopping board, vegetable knife, garlic crusher, large saucepan with a lid, heat resistant spoon or wooden spoon, measuring spoons, measuring jug, plate

Method

1. Remove any visible fat from the meat and chop into strips.
2. Prepare the remaining ingredients:
	* peel and dice the onion;
	* peel and crush the garlic cloves;
	* slice the spring onions into circles, reserving some green tips for garnish;
	* deseed and dice the red pepper;
	* quarter the button mushrooms;
	* halve the courgette and slice.
3. Pour the oil into the pan and allow to heat.
4. Add meat to pan, stir and allow to brown.
5. Remove browned meat from the pan, and place on a clean plate.
6. Add the onion, garlic, chilli powder, turmeric and rice to the pan.
7. Stir well and cook until the rice turns opaque.
8. Add the stock cube to 450ml of boiling water add that plus the tomatoes.
9. Sir well and turn up the heat to boil.
10. Simmer for 20 minutes.
11. Add the meat, whole cloves, spring onions, red pepper, mushrooms and courgettes and stir well.
12. Cook for a further 10 minutes, or until the liquid is absorbed. Stir occasionally.
13. Sprinkle with the reserved green tops of the spring onions and serve.