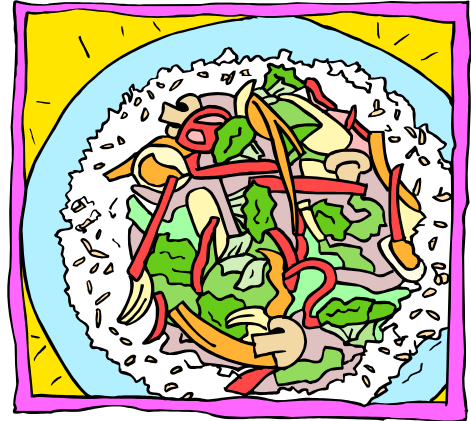


# Chicken Jambalaya

## Ingredients

- 1 tbsp olive oil
- 1 red onion, chopped
- 2 celery sticks, chopped
- 3 garlic cloves, crushed
- 2 skinless chicken breasts, cut into strips
- 1 large red pepper, chopped
- 175g button mushrooms, quartered
- 4 tomatoes, skinned and chopped
- 350g wholegrain rice, cooked
- 400g can red kidney beans, drained and rinsed
- 1 bunch parsley, chopped
- 3 tsp cajun seasoning
- 0.5 tsp chilli powder
- 1 pinch fresh ground black pepper
- 1 small tin pineapple, diced
- 1 lime, juice



## Method

- Heat the oil in a wok or large frying pan over a low heat and fry the onion, celery and garlic until soft.
- Add the chicken and cook for five minutes.
- Add the pepper, mushrooms and tomatoes and cook together for eight minutes, stirring well.
- Stir in the rice and beans. Mix in the parsley, the cajun seasoning and the chilli powder.
- Season to taste with pepper, adding a little more chilli as desired.
- Mix the pineapple with the lime zest and juice.
- Serve the jambalaya immediately, topped with the pineapple and lime mixture.