

# MARLEY SPOON



## Fish Jambalaya

with Peas



30-40min



4 Portions

If you're a fan of paella, jambalaya should be right up your alley. This Southern American favourite is very much an incarnation of the Spanish dish, thanks to the explorers who shared their culinary traditions. Our recipe is a blend of the Creole red jambalaya with tomatoes and the Cajun version which features seafood and a smoky spicy flavour.



## What we send

- 2 celery stalks, 3 garlic cloves, thyme and coriander
- Chipotle in adobo sauce (pureed chilli)
- green peas
- ling fillet 4
- jasmine rice
- onion
- diced tomatoes
- tuna chunks in oil
- green capsicum

## What you'll require

- olive oil
- sea salt flakes
- sugar
- water

## Utensils

- large deep frypan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Fish (4). May contain traces of other allergens.

## Nutrition per serving

Energy 730.0kcal, Fat 25.0g, Proteins 41.4g, Carbs 80.8g



### 1. Prepare rice

Wash the **rice** in a sieve under cold water until the water runs clear. Shake dry.



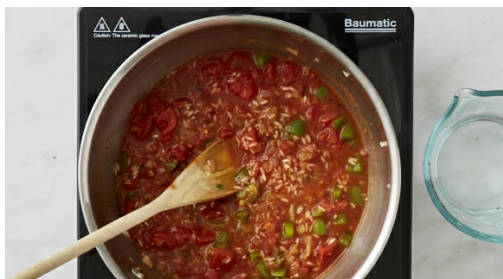
### 2. Prepare ingredients

Finely chop the **onion**. Trim and thinly slice the **celery**. Crush or finely chop the **garlic**. Pick the **thyme** leaves, discarding the stems. Finely chop the **coriander**, including the stems. Cut the **capsicums** into 1cm chunks, discarding the cores and seeds.



### 3. Cook aromatics

Heat the **oil** in a large deep frypan over medium heat. Add the **onion, celery, garlic, thyme, capsicum, salt** and **sugar**. Cook, stirring, for 5 mins or until softened.



### 4. Add rice

Add the **rice** to the pan, stir once, then add the **chipotle, tomatoes** and the **water** (see staples list). Bring to the boil, then cover with a lid and simmer over low heat for 15 mins or until the rice is tender.



### 5. Prepare fish

Meanwhile, cut the **ling** into 2.5cm chunks. Drain the **tuna** in a sieve and flake the fish. Add to the rice mixture, stir to combine, then cover and cook for a further 5 mins or until the ling is just cooked through. Season well with **salt**.



### 6. Get ready to serve

Stir the **peas** into the rice mixture to warm through, then stir in the **coriander**. Divide jambalaya among bowls to serve.