

# DINNERLY



## Chorizo Jambalaya with Brown Rice



30-40 minutes



4 Servings

Jambalaya, a delicious jumble of rice, veggies and smoky sausage hailing from New Orleans, is comfort food in a bowl.

## WHAT WE SEND

- 4 chorizo sausages <sup>6,17</sup>
- 1 onion
- 2 capsicums
- parsley
- 425g can corn kernels
- 250g brown rice

## WHAT YOU NEED

- 3 garlic cloves
- 1 tbs olive oil
- 1 tbs worcestershire sauce (optional) <sup>4</sup>

## TOOLS

- medium saucepan
- large deep frypan or saucepan
- slotted spoon

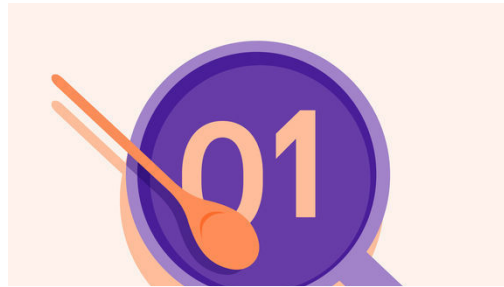
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Fish (4), Soy (6), Sulphites (17). May contain traces of other allergens.

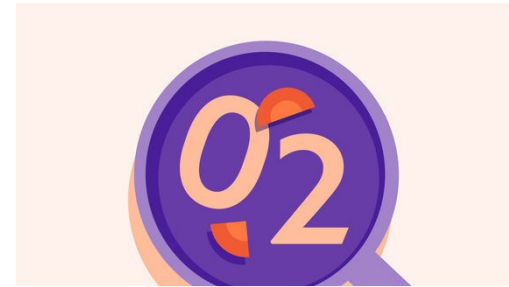
## NUTRITION PER SERVING

Energy 645kcal, Fat 29.0g, Carbs 64.7g, Proteins 28.5g



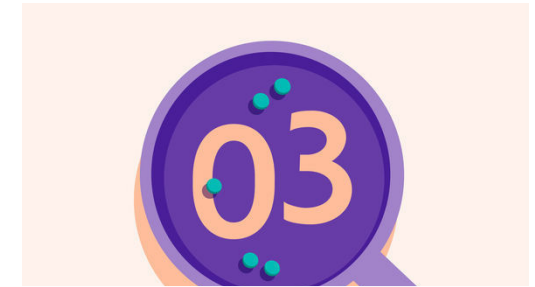
### 1. Prep ingredients

Bring **1.5L (6 cups) water** to the boil in a medium saucepan for the rice. Thinly slice the **chorizo**. Finely chop the **onion**. Cut the **capsicums** into 1-2cm chunks. Finely chop the **parsley**, keeping the leaves and stems separate. Crush or finely chop **3 garlic cloves**. Rinse and drain the **corn**.



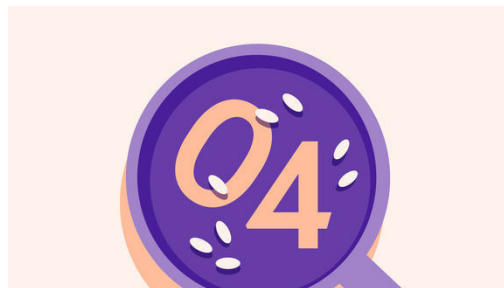
### 2. Cook rice

Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain.



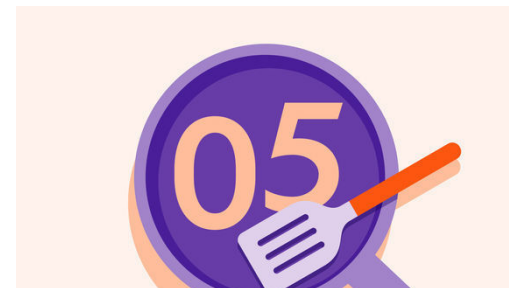
### 3. Cook chorizo

Meanwhile, put the **chorizo** in a cold large deep frypan over medium heat. Cook, turning, for 4-5 mins until golden. Remove the chorizo from the pan with a slotted spoon, reserving any chorizo oil in the pan.



### 4. Add veggies and rice

Add **1 tbs olive oil** to the pan and heat over medium heat. Add the **capsicum, onion, garlic** and **parsley stems**, season with **salt and pepper** and cook, stirring, for 5 mins or until soft. Add the **chorizo, cooked rice** and **corn** and cook, stirring, for 2-3 mins until warmed through. Remove the pan from the heat.



### 5. Serve up

Add **half the parsley** and **1 tbs worcestershire sauce**, if desired, and stir to combine. Taste, then season with **salt and pepper**. Divide the **jambalaya** among bowls, scatter with the **remaining parsley** and enjoy.



### 6. Did you know?

Jambalaya, one of New Orleans' most famous dishes, is thought to be French, African and Spanish in origin, similar to a paella.