






Cooking Made Easy

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## Your Favourite Tabasco Jambalaya with Orange and Honey Chicken

Every week our little kitchen brigade (AKA Patrick and Rachel) are concocting new recipes to tickle your tastebuds and whilst they hope every recipe is great, occasionally they strike total gold. Tonight's recipe was one such discovery. We've had so many requests to bring it back that we thought its re-appearance was the only way to prevent civil unrest. To see Patrick cooking it check out our little video at:

[www.hellofresh.co.uk/jambalaya](http://www.hellofresh.co.uk/jambalaya)



30 min



spicy



gluten  
free



lactose  
free



Garlic Clove



Onion



Flat Leaf Parsley



Chicken Stock Pot



Green Pepper



Chicken Thigh



Orange



Honey



Chorizo



Tabasco





Basmati Rice



Organic Chopped  
Tomatoes

Ingredients

	2P	4P
Garlic Clove, diced	1	2
Onion, diced	½ cup	1 cup
Flat Leaf Parsley, chopped	½ bunch	1 bunch
Chicken Stock Pot	½	1
Green Pepper	1	2
Chicken Thigh	3	6
Orange	½	1
Honey	2 tsp	4 tsp
Chorizo, cubed	¼ cup	½ cup
Tabasco	few drops	few drops
Basmati Rice	1 cup	2 cups
Organic Chopped Tomatoes	1 tin	2 tins

-  May feature in another recipe
-  Our produce comes fresh from the farm so give it a little wash before using

Allergens  
None

Nutrition per serving: Calories: 609 kcal | Protein: 30 g | Carbs: 62 g | Fat: 27 g | Saturated Fat: 8 g



**1** Peel and finely dice both the garlic and the onion and finely chop the parsley. Boil 300ml of water in a pot with half the chicken stock pot. Remove the core from the pepper, cut into 1cm strips then cut it into small cubes. Finally, cut the chicken into bite-sized pieces.

**2** Heat 2 tsp of olive oil in a non-stick pan on high heat. Cook chicken with a pinch of salt and pepper until browned off on all sides. Now grate over ¼ tsp of orange zest and pour on 2 tsp of honey. Toss for a minute before removing from the pan and keeping to the side.

**3** Turn heat to medium and add 1 tbsp of olive oil. Add the onion and cook off for a few mins. Add the chorizo to the pan with the garlic and green pepper. Cook for another 5 mins.

**4** Add the chicken back into the pan with the juice of a quarter of your orange. Add in a few shakes of Tabasco. **Tip:** Tabasco is the

*secret ingredient for that perfect Cajun kick - add as little or as much as you like depending on how much you want to spice things up.*

**5** Add in the rice and the tin of tomatoes together with 300ml of chicken stock. On medium-low heat cook with a lid on for 10 mins. Remove the lid for the final 10 mins.

**6** After 20 mins taste a bit of rice to see if it is cooked and seasoned enough. Adjust salt and pepper as necessary and add a little more water if you need too (a proper Jambalaya is nice and saucy when cooked).

**7** Once the rice is perfectly cooked stir in all but a sprinkle of finely chopped parsley. For a finishing flourish sprinkle over a little more parsley and squeeze over a bit more orange juice.