



More Than Food  
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## Your Favourite Orange and Honey Chicken Jambalaya

Every week our little kitchen brigade are concocting new recipes to tickle your taste buds 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 reappearance was the only way to prevent civil unrest.

35 mins

spicy

lactose free

family box

gluten free



Chicken Stock Pot (1)



Onion (1)



Flat Leaf Parsley (5 tbsp)



Garlic Clove (2)



Green Pepper (2)



Orange (1)



Chicken Thigh (6)



Honey (1 tbsp)



Chorizo (2 packs)



Basmati Rice (2 cups)



Organic Chopped Tomatoes (2 tins)




Habanero Sauce (few drops)

## Ingredients

4 PEOPLE    ALLERGENS

Chicken Stock Pot	1	
Onion, chopped	1	
Flat Leaf Parsley, chopped	5 tbsp	
Garlic Clove, chopped	2	
Green Pepper, chopped	2	
Orange	1	
Chicken Thighs	6	
Honey	1 tbsp	
Chorizo	2 packs	Sulphites
Basmati Rice	2 cups	
Organic Chopped Tomatoes	2 tins	
Habanero Sauce	few drops	Sulphites

 Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

Jambalaya was originally a Creole dish brought by the Spanish to New Orleans in the late 18th century.

**Nutrition per serving:** Calories: 695 kcal | Protein: 38 g | Carbs: 51 g | Fat: 32 g | Saturated Fat: 9 g

1



**1** Boil 600ml of **water** in a pot with the **chicken stock pot**. Peel and finely chop the **onion** and roughly chop the **parsley**. Peel and chop the **garlic** (you can use a garlic press if you have one!). Remove the core from the **peppers**, cut into 1cm strips then chop into small cubes. Zest the **orange** and finally, cut the **chicken** into bite-sized pieces.

*sauce 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. Cook for another 10 mins with the lid off and then taste a bit of your **rice** to check it's cooked and seasoned enough.*

2



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

**5** Once your **rice** is perfectly cooked, stir in the chopped **parsley** and a final squeeze of **orange** juice. If you want more heat add a few more shakes of the **habanero sauce!**

3



**3** Lower the heat to medium and add 4tbsp of **olive oil**. Add the **onion** and cook for a few mins. Add the **chorizo** to the pan with the **garlic** and **green pepper**. Cook for another 5 mins.

4



**4** Add in the **rice** and the **chopped tomatoes** together with the 600ml of **chicken stock**. Place a lid on the pan and cook on medium-low heat for 10 mins. Add back the **chicken** with the juice of a quarter of the **orange** and a few shakes of **habanero sauce**. **Tip:** *Habanero*

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!