

Jambalaya Surprise



Ingredients

- 600g (3 cups) cooked brown rice
- Spray oil
- 1 red onion
- 3 garlic cloves
- 400g chicken
- 1 tablespoon Cajun seasoning
- 2 teaspoons crushed ginger
- 2 capsicums
- 2 tomatoes
- 1 zucchini
- 4 cups spinach



Equipment

- Chopping boards, knife, fry pan, mixing spoon, spoon measures, cup measures



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1.

On a chopping board, finely chop garlic and onion. Chop capsicums, tomatoes, and zucchini into small pieces. On a clean chopping board, chop chicken into small pieces.

2.

Spray frypan with oil and turn on to medium. Add onion and garlic to frypan, cook until soft. Add chicken to frypan, cook until browned.



3.

Add 1 tablespoon Cajun seasoning, 2 teaspoons ginger, capsicum, tomatoes, and zucchini to frypan. Mix and cook until soft.



Add the cooked rice and spinach to frypan, allow spinach to soften. Serve and enjoy!

4.



This recipe was inspired by Elizabeth Asare, winner of Foodbank WA's Superhero Foods Kids' Cooking Challenge for Pilbara Primary Schools.

