



LEFTOVER CHICKEN JAMBALAYA

Recipe by Jude Samson: Winner Main Course Category Ambassador 2013

A handwritten signature in black ink, appearing to read "Jude Samson".

Serves: 4 People

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients:

2 onions, peeled and sliced

2 sticks celery, sliced

1 green pepper, sliced

2 tablespoons of oil

100g mushrooms, sliced

400g (1 tin) chopped tomatoes

125ml chicken stock

125ml dry white wine

150g long grain rice

200-250g leftover chicken

Step by step:

- 1 Fry sliced onions, celery & pepper in oil till lightly browned.
- 2 Add mushrooms, tomatoes, stock, wine and rice.
- 3 Cook slowly 15-20 minutes until rice is soft, adding more stock or hot water as needed.
- 4 Dice chicken and add to mixture.
- 5 Heat through and serve.



Each portion based on 4 servings contains

Calories
379
19%

Sugar
5.9g
7%

Fat
12g
17%

Saturates
1.7g
9%

Salt
1.3g
22%

Fibre
4.0g
17%

of an adult's guideline daily amount

**MAKE 28
TASTE GREAT!**



Chef's tips from Jude

Tasty and filling - and so easy to make! A dish my mum has made since I was a child and I've always loved it. I also add in any veg I have left over from a meal - from peas and sweetcorn to roasted sweet potatoes. Peel the stringy bits from the celery before chopping to reduce the bitter taste. Even if you don't have as much chicken as the recipe says, it still works well!

Use up

Add cooked and uncooked vegetables, vegetables that need using.

Variations

The recipe can be used with other leftover meats, poultry or fish.

Extra flavour

Try adding a pinch of chilli or black pepper if you like spicy food.

Freezer advice

Not recommended for freezing. Use leftovers within 24 hours. Makes a great snack, cold for lunch the next day.

Vegetarian & vegan options

Try with tofu or vegetarian meat alternatives.

Allergy advice

Easily adaptable to avoid allergens and be suitable for most diets.

Make 28 Taste Great is organised by Merseyside Recycling and Waste Authority to help reduce food waste, which makes up 28% of waste sent to landfill in Merseyside and Halton. The competition for residents looks for winning ways to use leftovers and ingredients to create imaginative, healthy meals with a regional flavour.



For lots more recipes and advice on making the most of your food, visit recycleformerseysideandhalton.com



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www.make28tastegreat.co.uk



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