


LET'S
COOKPARMCO

SERVES 4 - 6
PREP TIME 10
COOK TIME 35

CHICKEN GUMBO

INGREDIENTS

1 tbsp oil
400g skinless, boneless chicken thighs, sliced
1 chorizo sausage, halved, diced
1/4 leek, cleaned and sliced
2 celery sticks, diced
2 tbsp flour
1 tbsp (unsalted) tomato paste
1 tsp Cajun seasoning
1 cup frozen corn
2 carrots
1 red capsicum
1 green capsicum
2 cups no added salt chicken stock
1 1/2 cups uncooked wild rice

UTENSILS

Measuring cups and spoons
Chopping boards and knives
Large saucepan (one for every 2-4 kids)
Plate (one for every 2-4 kids)
Rice cooker or microwave
Bowls and forks to eat with!

METHOD

1. Heat half the oil in a large saucepan over med-high heat. Cook the chicken on each side until golden. Place onto a plate and set aside.
2. Add the chorizo to the pan. Cook for 2-3 mins or until golden; just remember to keep things moving. Set aside with the chicken.
3. Heat remaining oil in pan. Add the leeks and celery and cook, stirring for 2 mins or until the vegetables start to soften.
4. Add the flour, tomato paste and Cajun seasoning and cook for 1 min.
5. Add stock, corn, chicken and chorizo to pan. Stir to combine. Increase heat to high. Bring to the boil. Reduce heat to low. Cover and simmer for 15 mins or until the mixture reduces slightly.
6. Season to taste and serve over rice with a sprinkling of spring onions and parsley.

To serve (optional):

- 1 spring onion, sliced
1 tsp parsley, finely sliced

NUTRITION INFORMATION

	Per serve (at 4 serves)
Energy	2300kJ (551cal)
Protein	37g
Fat	13g
- Saturated	3g
Carbohydrate	75g
- Sugars	8g
Fibre	8g
Sodium	470mg
Calcium	60mg
Iron	3.5mg
2 vegetables	