

## Mrs. Pritchard and [redacted] Cajun Dirty Rice

*If you fancy a filling and tasty meal that is also good for next day leftovers, then try our recipe!*

### Ingredients:

- 200 g Rice
- 400 g Minced Beef
- 4 Bacon Medallions
- 1 Red Pepper
- 1 Yellow Pepper
- 1 Green Pepper
- 2 Red Onions
- 3 medium Carrots
- Large handful of Mushrooms
- 1 bunch spring onions
- 1 Beef Stock Pot
- 200 ml Boiling Water
- 2 tsp Cajun Seasoning
- 1 Bay Leaf
- 1 dash Worcestershire Sauce
- Low Calorie Cooking Spray
- 1 Chicken Stock Cube
- Tin of Sweetcorn



### Method

1. Cook the rice according to the packet instructions, adding a Bay leaf and chicken stock cube to the water before cooking. Set the rice aside once cooked.

2. Add the stock pot to the water 200ml of boiling water and set aside (this isn't the water that you cook the rice in - this is separate)
3. Spray a frying pan with Low Calorie Cooking Spray, then cook the mince, onions and bacon until brown.
4. Add the Cajun seasoning and Worcestershire sauce and stir.
5. Add the carrots, mushrooms, peppers, sweetcorn, tomatoes and stock. Cook until the peppers start to soften.
6. Add the cooked rice and spring onion and stir until all the rice is coated.
7. Taste and add some more Cajun seasoning if it's not spicy enough.

