

Prawn and sausage jambalaya (gluten free)

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You don't have to sacrifice the traditional smoky punch of this Cajun favourite just because you're short on time. All you need is some organic sausages and quick-cooking brown rice to create a rich, satisfying dinner on any weeknight.

Ingredients (serves 4)

- 1 tsp olive oil
- 250 g organic pork sausage, cut into 2cm slices
- 2 red [capsicums](#), diced
- 1 brown onion, diced
- 400 ml reduced-salt chicken stock
- 2 cups instant rice
- 250 g raw [prawns](#), peeled and deveined

METHOD

Heat oil in pan over medium-high heat. Add sausage, capsicums and onion; cook, stirring occasionally, until the vegetables soften, three to five minutes.

Add stock to a pot and bring to a boil. Add rice, stir once, cover and cook for five minutes. Add prawns and stir to incorporate. Remove from the heat and let stand, covered, until the prawns are opaque and cooked through, five to six minutes. Fluff with a fork and serve.

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