

## Jambalaya

*I do love a dish you can add pretty much any ingredient to and it will turn out great. This Jambalaya is the perfect blend of spices and veg that produces a hearty plate of tasty food for the family.*

### Ingredients

1 Red Onion – chopped  
1 Green Pepper – chopped  
2 Celery Sticks – chopped  
2 Garlic Cloves – finely chopped  
2 Green Chillies – finely chopped  
½ tsp Smoked Paprika  
½ tsp Cayenne Powder  
½ tsp All Spice  
2 Plant based Sausages  
2 King Oyster Mushrooms – sliced  
100g Seitan 'Chickun' pieces  
400g Chopped Tomatoes  
250g Water  
150g Rice – I prefer Long Grain for this.



### Method:

Heat a large pot or sauté pan on Medium to High with a little oil.

Brown the sausages and set aside.

Add 2 tsp oil to the pan and then add the onion, peppers and celery and sauté with a pinch of salt for 5 minutes until the onion and celery start to soften.

Add the garlic and chillies and sauté for 2 minutes until fragrant, then add the spices and cook for 3 minutes.

Add the tomatoes and mix to incorporate, then add the rice and stir in for 2 minutes then add the water and bring to the boil.

Slice the sausages into thick chunks and then add these, the mushroom and seitan and mix through.

Reduce heat to simmer and leave covered for 20 – 25 minutes.

Serve with Vegan Crème Fraiche or Sour Cream, Hot Sauce and chopped Parsley.