



BrendonCare

Cooking For One

Dirty Cajun Rice

3oz frozen minced beef
1oz Frozen sliced peppers
1oz frozen sliced Mushrooms
1/2 cup water
Pinch Cajun spice
Shake of Worcestershire Sauce
1 Tspn of Vegetable bouillon
1Pouch of frozen cooked rice
1oz frozen peas
Spring onions
Salt and Pepper to taste



Method

1. Heat a thick bottomed pan on the top of the stove, add the frozen free flow minced beef, stir around until it is sealed.
2. Add to the pan the frozen mushrooms and peppers and stir around for a minute.
3. Mix in the Cajun spice and Worcestershire sauce along with the water and mix well, turn down to a simmer.
4. Add the frozen cooked rice to the pan, and sprinkle in the vegetable bouillon.
5. Place the lid on the pan and simmer for 2 mins, remove the lid and add the peas and stir in, replace lid and leave to simmer for a further 2 mins.
6. Chop the spring onions.
7. Remove from the heat and serve into a warm bowl and sprinkle with the chopped spring onions.
8. Enjoy !

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