

**DINNER**  
Exclusive Recipe

## Chicken Jambalaya

This easy low-fat recipe gives you a healthy hit of protein, plus three of your five-a-day, all in one pan

Serves 2

100g chicken breast, sliced into strips  
1 clove garlic, crushed  
1 tsp Cajun seasoning mix  
Juice ½ lime, plus ½ lime to serve  
Drizzle olive oil  
1 courgette, chopped  
1 red pepper, diced  
1 small carrot, shredded or coarsely grated  
4 spring onions, sliced  
150g brown rice  
25g baby spinach



- Season the chicken with the Cajun seasoning, crushed garlic and 1tsp lime juice.
- Drizzle olive oil in a non-stick frying pan and set over a medium heat. Fry the chicken, stirring occasionally, for 2 mins. Meanwhile, heat the rice according to the pack instructions.
- Add the courgette and red pepper to the pan and cook for 3–4 min, stirring occasionally. Then add the carrot, spring onion and heated rice. Cook for a further 2–3 min.
- Add the spinach and the remaining lime juice and toss until it wilts. Season with black pepper, then serve with the lime half for squeezing over.