

INGREDIENTS:

250g cold roast chicken,
cut into small chunks

150g Basmati rice, cooked
until just al dente

1 large onion and two fat
garlic cloves, finely
chopped

2 tablespoons olive oil

2 red peppers, deseeded
and finely diced

3e large cabbage leaves
finely-shredded

150g defrosted frozen peas

Sea salt, freshly-ground
black pepper

1 teaspoon Cajun
seasoning,

50g freshly-grated
Parmesan

Chilli sauce for serving

TIME: 1 Hour**SERVING:** 4 people

Place the oil, onion and garlic in a large frying pan and set over a moderate heat – doing it this way stops the garlic from browning and going bitter. As the onions start to soften add the peppers and cabbage and cook for another five minutes until the cabbage has wilted down. Add the peas, rice and chicken, the Cajun seasoning, salt and pepper and cook, turning gently, over a reduced heat for seven to eight minutes until the meat has warmed through. Finally stir in the Parmesan, turn onto a warmed serving dish and serve with the chilli sauce.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: