



Cheats Sausage Jambalaya

Serves 2

Prep time: 5 minutes

Cooking time: 10 minutes

Per portion

Calories: 398

Fat: 12.4g

Saturates: 4.1g

Carbs: 48.4g

of which sugars: 9.3g

Fibre: 6.8g

Protein: 20.7g

Salt: 1.3g

Ingredients:

- 1 x 250g packet of ready cooked Mexican style rice
- 1 small red pepper, deseeded and diced
- 1 small onion, peeled and finely diced
- 3 reduced fat sausages, each cut into 6 pieces
- Black pepper to season
- Rapeseed oil spray
- Fresh parsley to garnish - optional

Instructions:

Heat a frying pan and add a couple of sprays of rapeseed oil. Add the onion, red pepper and sausage pieces and cook for 4-5 minutes, stirring occasionally.

Add the Mexican style rice to the frying pan with 3 tablespoons of water and cook for a further 3-4 minutes, stirring occasionally.

Remove from the heat and serve straight away with a little fresh parsley.

Tip: This is just as good served cold in a packed lunch