



PERI PERI PRAWN & CHORIZO GUMBO

INGREDIENTS

- 1 tbsp Country Range Olive-Pomace Oil
- 200 g Country Range Basmati Rice
- 2 Onions (chopped)
- 1 Red Pepper (seeded and chopped)
- Celery sticks (chopped)
- 3 Garlic Cloves (minced)
- 75 g Chorizo (cubed)
- 1 tbsp Country Range Paprika
- 1 litre Stock made from Country Range Vegetable Bouillon
- 1 tsp Country Range Dried Thyme
- 2 tbsp Country Range Freeze Dried Parsley
- 4 tbsp Country Range Peri Peri Sauce
- 100 g Country Range Frozen Sweetcorn
- 340 g Peeled Raw Prawns
- 55 g Country Range Frozen Fancy Peas
- Salt & Pepper
- 3 Spring Onions (sliced)

METHOD

1. Heat the oil in a large saucepan and add the onions, pepper and celery
2. Fry for 3 minutes or until lightly browned
3. Stir in the garlic and chorizo and cook for a further 3–4 minutes
4. Add the rice and paprika and gently fry for 1-2 minutes
5. Add the stock, thyme, tomatoes (with their juice), parsley and the Peri Peri sauce
6. Bring to the boil, then reduce the heat and simmer for 15 minutes or until the rice is nearly cooked through
7. Add the prawns and frozen peas and sweetcorn
8. Cook for 3 minutes or until the prawns turn pink and the peas are tender
9. Season the gumbo with salt and pepper to taste

10. Serve in bowls, sprinkled with spring onions