



# Baking with Tom

## CAJUN DIRTY RICE

Total Time: 40 minutes

Makes: 4

### Ingredients:

400g 5% Lean Beef Mince  
4 Bacon Medallions  
200g White Rice  
Chicken Stock Cube  
200ml Beef Stock (1 beef OXO dissolved in  
200ml of boiling water)  
2tsp Cajun Seasoning  
Dash of Worcestershire Sauce  
1/2 Green pepper (diced)  
1/2 Red pepper (diced)  
1/2 Yellow pepper (diced)  
1 Onion (diced)  
Garden Peas

### Method:

#### For The Rice:

1. Wash off the rice in a sieve with cold water
2. Place 200g of rice in a pan with 1.4l of water mixed with chicken OXO and bring to the boil
3. Once boiling cover & simmer for 12-14 Minutes
4. Once cooked rinse off with boiling water and set to the side.

#### For The Mince:

1. Add the mince & diced bacon, along with the onion to a pan and fry off until mince is browned.
2. Add the 2tsp of Cajun Seasoning & dash of Worcestershire sauce. Follow this by adding the peppers and peas.
3. Once peppers are cooked through until soft, add the 200ml of Beef stock and cook for a further 2-4 minutes.
4. Add the rice to the mince mixture and stir thoroughly, once stirred through, serve immediately.

