

Cajun Rice & Beans

Cajun spices add a delicious flavor to this appealing and colorful rice and red kidney bean salad.

NUTRITIONAL INFORMATION

Calories336 Sugars8g
Protein7g Fat13g
Carbohydrate51g Saturates2g



10 mins



15 mins

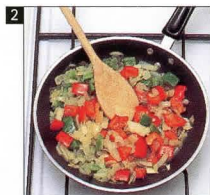
SERVES 4

I N G R E D I E N T S

scant 1 cup long-grain rice
4 tbsp olive oil
1 small green bell pepper, seeded and chopped
1 small red bell pepper, seeded and chopped
1 onion, finely chopped
1 small red or green chile, seeded and finely chopped
2 tomatoes, chopped
½ cup canned red kidney beans, rinsed and drained
1 tbsp chopped fresh basil
2 tsp chopped fresh thyme
1 tsp Cajun spice
salt and pepper
fresh basil leaves, to garnish

1 Cook the rice in plenty of boiling, lightly salted water for about 12 minutes, until just tender. Rinse with cold water and drain well.

2 Meanwhile, heat the olive oil in a skillet and cook the green and red bell peppers and the onion gently for about 5 minutes, until softened.



3 Add the chile and tomatoes and cook for another 2 minutes.

4 Add the vegetable mixture and red kidney beans to the rice. Stir well to combine thoroughly.

5 Stir the chopped herbs and Cajun spice into the rice mixture. Season to taste with salt and pepper, and serve garnished with basil leaves.