Jambalaya with papaya sauce

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 4

Jambalaya

250 g long-grain rice

450 ml poultry bouillon

1½ tsp cumin

½ tsp chilli peppers, dried, ground

2 tbsp cane sugar

3 chilli peppers, green

Halve, deseed and finely chop the chilli peppers. Mix the rest of the ingredients together in the porcelain dish.

150 g pascal celery

3 cloves of garlic

100 g carrots

1 sweet pepper, green

1 onion, large

Wash the celery and cut into 1 cm thick pieces, sliced diagonally. Crush the cloves of garlic. Wash, peel and finely cut the carrots on the diagonal. Quarter the sweet pepper, then cut into strips. Peel and finely chop the onion. Spread all the vegetables evenly over the rice. Put the porcelain dish on to the wire shelf in the cold cooking space. Steam.

Dampning 100 °C i 40 Min.

1 chicken breast, about 160 g

Oil

250 g salmon fillet

200 g raw prawns

1 tsp salt

1 lime, juice

Cut the chicken breast into 2 cm cubes. Heat the oil in a pan, add the chopped chicken and brown all over for about 4 minutes. Transfer to a bowl and allow to cool.

Cut the salmon fillet into 2 cm cubes and add to the chopped chicken along with the pawns, season with salt.

Take the porcelain dish out of the cooking space and stir the rice and vegetables well.

Scatter the fish and meat over the steamed rice and drizzle over lime juice. Continue to steam.

Sæt retten ind

Dampning 100 °C i 5 Min.

Papaya sauce

1 papaya, about 320 g

1 pepperoncino, red

½ bunch of coriander

70 g ketchup

Peel, deseed and dice the papaya. Halve, deseed and coarsely chop the pepperoncino. Pick the coriander leaves off the stems and purée together with the pepperoncino, ketchup and half of the papaya.

Mix the rest of the papaya into the sauce and serve with the jambalaya.

Tips

The papaya sauce is a good accompaniment to grilled meat and fish.

Garnish the dish with pepperoncini rings.

Tilbehør

Wire shelf

Porcelain dish ⅓ GN, depth 65 mm

Yderligere oplysninger

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