

# Rosemarys Cajun Chicken & Chorizo Gumbo

Serves 4 - 6

1Tbsp	Olive oil
500g	Chorizo/Beef sausage, sliced
500g	Chicken thighs, chopped
2Tbsp	Cajan seasoning
125g	Butter, chopped
2	Onions, cut into wedges
2	Celery sticks, chopped
1	Red capsicum, seeded, chopped
1/2 cup	Plain flour
1/4 tsp	Cayenne pepper
3	Bay leaves
2 cups	Chicken stock
2 cups	just boiled water
1/2 cup	sliced green onions plus extra to serve
2 Tbsp	chopped parsley leaves



Steamed rice to serve

In a heavy based saucepan heat oil on medium. Cook chorizo/beef sausage 5 - 6 minutes, turning. Drain at set aside.

In a large bowl, combine chicken and seasoning. Add chicken to saucepan and cook 5 - 6 minutes, until well browned, turning once.

Remove from pan

In same pan melt butter and saute onion, celery and capsicum 4 - 5 minutes, until tender. Add flour and cook, stirring, 5-10 minutes, until golden brown.

Return chorizo/beef sausage and chicken to pan with cayenne and bay leaves. Cook, stirring 2 minutes

Gradually stir in stock and water until thickened and boiling. Reduce heat to low and cook, uncovered 10 minutes, stirring occasionally.

Discard bay leaves, stir in green onions and parsley.

Serve with rice and extra green onions.