



LIAM HOWELLS  
PERFORMANCE NUTRITION

# Cajun-Style Dirty Rice



Calories: 369



Carbs: 45



Protein: 11



Fat: 2

SERVINGS: 4

PREPTIME: 10 MIN

COOKING TIME: 30 MIN

## Ingredients

- 200 g rice
- 400 g lean minced beef
- 4 bacon medallions
- 1/2 red pepper, diced
- 1/2 yellow pepper, diced
- 1/2 green pepper, diced
- 1/2 onion, diced
- 1 medium carrot, diced
- 6 mushrooms, quartered
- 1 bunch spring onions, sliced
- 1 beef stock pot
- 1 chicken stock cube
- 2 tsp cajun seasoning
- 200 ml boiling water
- 1 bay leaf
- 1 dash Worcestershire sauce
- low calorie cooking spray

## Directions

- Cook the rice according to the packet instructions, adding a bay leaf and chicken stock cube to the water before cooking. Set the rice aside once cooked
- Add the stock pot to 200ml of boiling water and set aside (this isn't the water that you cook the rice in - this is separate)
- Spray a frying pan with low calorie cooking spray, then cook the mince, onions and bacon until brown
- Add the Cajun seasoning and Worcestershire sauce and stir
- Add the carrots, mushrooms, peppers, and the made up beef stock. Cook until the peppers start to soften
- Add the cooked rice and spring onion and stir until all the rice is coated
- Taste and add some more Cajun seasoning if it's not spicy enough