Prawn and rice casserole

Serves 4

1HO 1P 1F

* 3tbs olive oil
* 2 onions – finely chopped
* 3 garlic cloves – crushed
* 1 red pepper roughly chopped
* 250ml Stock – made using either chicken of fish stock cube
* 2 thick strips orange zest about ½” x 2” long
* 1 bay leaf
* 1 tin chopped tomatoes
* 175ml orange juice
* 10 black pitted olives
* 500g cooked rice
* 450grams large prawns

SPICE AS YOU LIKE – add more or less to taste

* 2 tsp Hot chilli sauce
1. Pre heat oven to 180
2. Heat the oil in a large flame proof casserole dish over a moderate heat.
3. Add onions garlic sauté until golden add pepper and cook for 5 more mins
4. Stir in the stock, orange juice and zest strips
5. Cook uncovered for 2 mins
6. Add tomatoes olives bay leaf and hot sauce bring to the boil and stir in rice
7. ***AT THIS POINT CASSEROLE CAN BE COOLED AND KEPT IN THE FRIDGE FOR UPTO 3 DAYS***
8. Add the prawns to the casserole cover and bake for 15mins (until the prawns are cooked)