



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Bay Leaf

Bay leaves are quite aromatic and can be used fresh or dried. Keep an eye out for the leaves in your box as it will be loose!





Spice it up!

If you don't have cajun spice in the pantry you can use a combination of 2 tsp ground cumin, 1 tsp ground paprika, 1/2 dried thyme and 1/8 tsp cayenne pepper instead! If you have any fresh limes you can use that to finish the gumbo instead of vinegar.

2 Cajun Bean Gumbo

A Cajun spiced bean stew with tomatoes and capsicum, served with nutty brown rice and finished with sliced jalapeño chilli.

 30 minutes

 4 servings

 Plant-Based

27 July 2020

Per serve: **PROTEIN** 14g **TOTAL FAT** 12g **CARBOHYDRATES** 45g

FROM YOUR BOX

BROWN RICE	300g
BROWN ONION	1
CELERY STICKS	3
GREEN CAPSICUM	1
CHERRY TOMATOES	1/2 bag (200g) *
BAY LEAVES	2
KIDNEY BEANS	2 x 400g
STOCK PASTE	1 jar
JALAPEÑO	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, cajun spice, stock cube (1/2), white wine vinegar, flour (of choice)

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Stir the flour through the vegetables before pouring in the water. This will prevent any lumps in the stew.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. SAUTÉ THE AROMATICS

Heat a frypan over medium heat with oil. Slice onion. Roughly chop celery and capsicum. Halve tomatoes. Add to pan as you go along with bay leaves.



3. ADD THE BEANS

Drain beans and add to pan along with stock paste, **1 tbsp cajun spice**, and **2 tbsp flour**. Stir until combined (see notes).



4. SIMMER THE STEW

Pour in **3 cups water**. Increase heat to medium-high, cover and simmer for 10 minutes. Stir in **1 tbsp vinegar**, **2 tbsp olive oil** and season with **salt and pepper**.



5. FINISH AND PLATE

Divide gumbo over bowls with brown rice. Garnish with sliced jalapeño.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

