




Product Spotlight: Bay Leaf


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



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

 2 servings

 Plant-Based

27 July 2020

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.

Per serve: **PROTEIN** 17g **TOTAL FAT** 13g **CARBOHYDRATES** 52g

FROM YOUR BOX

BROWN RICE	150g
SPRING ONIONS	1/4 bunch *
CELERY STICKS	2
RED CAPSICUM	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
BAY LEAF	1
KIDNEY BEANS	400g
STOCK PASTE	1/2 jar *
JALAPEÑO	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, cajun spice, 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 spring onions. Roughly chop celery and capsicum. Halve tomatoes. Add to pan as you go along with bay leaf.



3. ADD THE BEANS

Drain beans and add to pan along with 1/2 jar stock paste, 3 tsp cajun spice and 1 tbsp flour. Stir until combined (see notes).



4. SIMMER THE STEW

Pour in 2 cups water. Increase heat to medium-high, cover and simmer for 10 minutes. Stir in 1/2 tbsp vinegar, 1 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**

