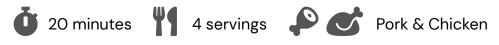




Chicken & Cacciatore Gumbo

Gumbo is very popular in Louisiana (US) and is a thick stew-like soup. Our speedy Dinner Twist version features warm spices, fresh thyme, chicken, cacciatore, a heap of veggies and nutty pearl barley grains.



13 July 2020

FROM YOUR BOX

PEARL BARLEY	175g
DICED CHICKEN BREAST FILLET	400g
CACCIATORE (SLICED)	2 x 100g
ТНҮМЕ	1/2 packet *
CORN COB	1
BROWN ONION	1
CELERY STICKS	2
GREEN BEANS	1 packet (150g)
TOMATO PASTE	1 sachet



1. COOK THE PEARL BARLEY

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



2. SEAL THE CHICKEN

Heat a large frypan with **2 tbsp oil** over medium-high heat. Add chicken and cacciatore. Cook until chicken is sealed and golden. Pick thyme leaves and remove corn kernels from cob, add to pan.



3. ADD THE VEGETABLES

Chop onion and celery, halve green beans. Add to pan with **2 tsp smoked paprika and 2 tsp cumin**. Cook until onion has softened.

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, smoked paprika, ground cumin, chilli flakes (optional)

KEY UTENSILS

saucepan, large frypan

NOTES

Serve barley and gumbo separately if preferred.

No pork option - cacciatore is replaced with smoked chicken breast. Slice to use. We recommend adding to gumbo with pearl barley at step 5 to better reserve the flavour.

No gluten option - pearl barley is replaced with brown rice. Cook as per recipe instructions.



4. SIMMER THE GUMBO

Stir in tomato paste and **2 cups water**. Simmer, covered, for 8–10 minutes or until chicken is cooked through.



5. STIR IN THE BARLEY

Add barley to gumbo and stir to combine. Adjust seasoning with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve gumbo in bowls. Top with **chilli** flakes (optional).

