



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 leaf 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 instead of vinegar to finish the gumbo.*

## 2 Chicken Gumbo

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



30 minutes



2 servings



Chicken

27 July 2020

Per serve: **PROTEIN** 51g **TOTAL FAT** 14g **CARBOHYDRATES** 31g

## 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
CHICKEN BREAST FILLETS	300g
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.

If you are cooking this recipe in the slow cooker, add the chicken breast fillets whole. When it is cooked you can shred the chicken and stir through 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 VEGETABLES

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 CHICKEN

Dice chicken breast and add to pan along with **3 tsp cajun spice**, **1/2 crumbled stock cube** 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 15 minutes until chicken is cooked through. Stir in **1/2 tbsp vinegar**, **1 tbsp olive oil** and season with **salt and pepper**.



### 5. FINISH AND PLATE

Divide gumbo and brown rice over bowls. 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](mailto:hello@dinnertwist.com.au)

