



Product Spotlight: Jalapeño

In the Americas, the use of chilli, including jalapeños, dates back thousands of years, including the practice of smoking some varieties to preserve them.



Pulled Chicken Gumbo

Cajun-inspired pulled chicken stew, loaded with veggies, flavoured with a custom spice mix, served over nutty brown rice with slices of fresh jalapeño.



30 minutes



2 servings



Chicken

31 March 2023

Spice it down!

To make this dish less spicy, remove the seeds from the jalapeño before slicing it, serve the dish with natural yoghurt, and only add half the cajun spice mix when cooking.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	4g	34g

FROM YOUR BOX

BROWN RICE	1 packet (150g)
BROWN ONION	1
CELERY STICK	1
FRESH BAY LEAF	1
GREEN CAPSICUM	1
CHERRY TOMATOES	200g
CHICKEN BREAST FILLET	300g
CAJUN SPICE MIX	1 packet
STOCK PASTE	1 jar
JALAPEÑO	1

FROM YOUR PANTRY

oil for cooking, cornflour, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Only add 1/2 the cajun spice mix if you prefer a milder dish.

Instead of shredding the chicken, cut it into bite-sized pieces.



1. COOK THE RICE

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



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice onion and celery, add to pan as you go along with bay leaf. Cook for 5 minutes until softened. Roughly chop capsicum and halve cherry tomatoes, add to pan.



3. ADD THE CHICKEN

Halve chicken breast fillet. Add to pan with cajun spice (see notes). Stir to combine.



4. SIMMER THE GUMBO

In a jug, whisk together **2 cups water**, **1/2 jar stock paste** and **2 tsp cornflour**. Pour into pan and stir to combine. Simmer, covered, for 15 minutes or until chicken is cooked through.



5. SHRED THE CHICKEN

Remove chicken from pan. Use two forks to shred (see notes). Add back to pan along with **1 tbsp vinegar**. Stir to combine.



6. FINISH AND SERVE

Thinly slice jalapeño.

Divide rice among bowls. Top with gumbo and 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

