




### 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

 4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	50g	4g	28g

## FROM YOUR BOX

BROWN RICE	1 packet (300g)
BROWN ONION	1
CELERY STICKS	2
FRESH BAY LEAVES	2
GREEN CAPSICUM	1
CHERRY TOMATOES	200g
CHICKEN BREAST FILLETS	600g
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 leaves. Cook for 5 minutes until softened. Roughly chop capsicum and halve cherry tomatoes, add to pan.



### 3. ADD THE CHICKEN

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



### 4. SIMMER THE GUMBO

In a jug, whisk together **3 cups water**, stock paste and **1 tbsp 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 1/2 tbsp vinegar**. Stir to combine.



### 6. FINISH AND SERVE

Thinly slice jalapeño.

Divide rice among bowls. Top with gumbo and garnish with sliced jalapeño.

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