



Product Spotlight: Jalapeño

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



Vegetarian Gumbo

with Pan-Fried Halloumi

Warming, rich and packed with veggies, this gumbo, served over white quinoa with pan-fried halloumi and slices of jalapeño, will hit the spot!



30 minutes



4 servings



Vegetarian

4 August 2023

Bulk it up!

This gumbo is a great vessel for using up bits and pieces in your kitchen; diced zucchini, sweet potato, pumpkin or capsicum. Drain and rinse tinned beans and add to the gumbo.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	36g	48g

FROM YOUR BOX

WHITE QUINOA	200g
BROWN ONION	1
CREOLE SPICE MIX*	1 packet
TOMATO PASTE	1 sachet
TOMATOES	2
GREEN CAPSICUM	1
GREEN BEANS	250g
HALLOUMI	1 packet
JALAPEÑO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar

KEY UTENSILS

frypan, 2 saucepans

NOTES

*Creole spice mix: onion powder, garlic powder, dried oregano, dried parsley, dried thyme, smoked paprika, ground cayenne, gluten free cornflour and bay leaf.

Remove the seeds from the jalapeño for a milder spice level.



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1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.



2. SAUTÉ THE AROMATICS

Heat a large frypan with **oil**. Slice onion and add to pan. Cook for 2–3 minutes until onion begins to soften. Reduce heat to medium. Add **1/4 cup oil** to pan along with spice mix and tomato paste. Cook, stirring occasionally, for 4 minutes.



3. SIMMER THE GUMBO

Dice tomatoes and capsicum. Add to pan along with **2 cups water**. Increase heat to medium-high. Simmer, semi covered, for 8 minutes.



4. COOK THE HALLOUMI

Heat a frypan over medium-high heat with **oil**. Cube halloumi and add to pan. Cook for 3–4 minutes each side, or until golden.



5. ADD THE GREEN BEANS

Trim green beans and cut into thirds. Add to gumbo and cook for a further 3–5 minutes until beans are tender. Season with **1 tbsp vinegar** and **salt and pepper** to taste.



6. FINISH AND SERVE

Slice jalapeño (see notes).

Divide quinoa among bowls. Spoon over gumbo. Top with halloumi and slices of jalapeño.

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