



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



2 servings



Vegetarian

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
	23g	31g	36g

FROM YOUR BOX

ORGANIC WHITE QUINOA	100g
BROWN ONION	1
CREOLE SPICE MIX	1 packet
TOMATO PASTE	1 sachet
TOMATO	1
GREEN CAPSICUM	1
GREEN BEANS	150g
HALLOUMI	1 packet
JALAPEÑO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar

KEY UTENSILS

frypan, 2 saucepans

NOTES

For a milder flavour and softer texture, soak the halloumi in cold water for 15 minutes before cooking at step 4, then pat dry.

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

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



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1. COOK THE QUINOA

Soak the **halloumi** (optional, see notes)

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 saucepan with **oil**. Slice **onion** and add to pan. Cook for 2–3 minutes until onion begins to soften. Reduce heat to medium. Add **3 tbsp oil** to pan along with **spice mix** and **tomato paste**. Cook, stirring occasionally, for 4 minutes.



3. SIMMER THE GUMBO

Dice **tomato** and **capsicum**. Add to pan along with **1 1/2 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 jalapeño slices.

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