




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 full of veggies, this gumbo will hit the spot! Served over white quinoa and pan-fried halloumi and slices of jalapeño.

 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** 32g **TOTAL FAT** 29g **CARBOHYDRATES** 44g

FROM YOUR BOX

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

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar

KEY UTENSILS

frypan, 2 saucepans

NOTES

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

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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