



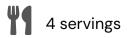


## **Vegetarian Gumbo**

## 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!







# 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.

TOTAL FAT CARBOHYDRATES

24g

41g

#### FROM YOUR BOX

HALLOUMI	2 packets
ORGANIC WHITE QUINOA	200g
BROWN ONION	1
CREOLE SPICE MIX	1 packet
TOMATO PASTE	1 sachet
TOMATOES	2
GREEN CAPSICUM	1
GREEN BEANS	250g
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, GF 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 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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