



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



4/6 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
4/6 Person:	37g/33g	40g/35g	43g/46g

FROM YOUR BOX

	4 PERSON	6 PERSON
ORGANIC WHITE QUINOA	2 x 100g	3 x 100g
BROWN ONION	1	1
CREOLE SPICE MIX	1 packet	2 packets
TOMATO PASTE	1 sachet	2 sachets
TOMATOES	2	3
GREEN CAPSICUM	1	2
HALLOUMI	1 packet	3 packets
GREEN BEANS	250g	250g + 150g
JALAPEÑO	1	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, 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.



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.



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.



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.

6P – season with **2 tbsp vinegar, salt and pepper** to taste.



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.

6P – use **3 cups water**.



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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