

Product Spotlight: Chilli

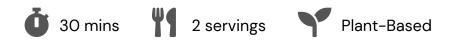
Chillis are one of the best sources of vitamin C. They have also been attributed with helping lower blood pressure and fight migraine headaches.



20 August 2021

with Veggie Sausages

Cajun-inspired stew with veggie sausages and vegetables, served over brown rice.



Spice it up!

If you don't have cajun spice at home you can use a combination of 2 tsp cumin, 1 tsp ground paprika, 1/2 tsp dried thyme, and a pinch of cayenne pepper.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 10g 14g 68g

FROM YOUR BOX

BROWN RICE	150g
BROWN ONION	1
CELERY STICK	1
FRESH BAY LEAF	1
GREEN CAPSICUM	1
CHERRY TOMATOES	1/2 bag (100g) *
STOCK PASTE	1/2 jar *
VEGAN SAUSAGES	1 packet
CHILLI	1

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, cajun spice, flour (of choice), apple cider vinegar (or vinegar of choice)

KEY UTENSILS

large frypan with lid, saucepan, frypan

NOTES

If you prefer your dish to be mild use less cajun spice.

If you have one, cook the sausages in a non-stick pan. Keep them from touching each other in the pan as the skins will stick together.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes or until tender. Drain and rinse.



2. SAUTÉ AROMATICS

Heat large frypan over medium-high heat with **oil.** Slice onion and celery, add to pan as you go along with bay leaf. Cook for 5 minutes until softened.



3. ADD THE VEGETABLES

Roughly chop capsicum and halve cherry tomatoes, add to pan.



4. SIMMER THE GUMBO

Add **3 tsp cajun spice** (see notes) **and 2 tbsp flour** to pan. Stir until combined. Pour in **1 1/2 cups water** and stock paste. Simmer, covered, for 15 minutes. Stir in **1/2 tsp vinegar**, season with **salt and pepper**.



5. COOK THE SAUSAGES

Heat a frypan over medium-high heat with **oil.** Add sausages and cook for 6-8 minutes, turning, until heated through (see notes). Cook in batches if necessary.



6. FINISH AND PLATE

Slice sausages and chilli. Divide rice among bowls. Spoon over gumbo, top with sausages and chilli.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

