



### 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.



## 2 Gumbo with Veggie Sausages

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

 30 mins

 4 servings

 Plant-Based

20 August 2021

### Spice it up!

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

Per serve: **PROTEIN** 10g **TOTAL FAT** 14g **CARBOHYDRATES** 64g



## FROM YOUR BOX

BROWN RICE	300g
BROWN ONION	1
CELERY STICKS	2
FRESH BAY LEAVES	2
GREEN CAPSICUM	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	1/2 bag (200g) *
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 leaves. Cook for 5 minutes until softened.



### 3. ADD THE VEGETABLES

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



### 4. SIMMER THE GUMBO

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



### 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](mailto:hello@dinnertwist.com.au)

