



Chicken Gumbo

with Rice

A rich and smoky stew with tender vegetables, and shredded chicken, served over fluffy basmati rice for a comforting and satisfying meal.



35 minutes



4 servings



Chicken

FROM YOUR BOX

BASMATI RICE	300g
CELERY STICK	2
RED CAPSICUM	1
CARROT	1
BUFFALO SPICE MIX	1 packet
CHICKEN BREAST FILLETS	600g

FROM YOUR PANTRY

oil for cooking, salt and pepper, flour of choice

NOTES

You can garnish this dish with chopped parsley or coriander. Add some cayenne pepper if you would like extra heat.

Buffalo spice mix: smoked paprika, ground sweet paprika, onion powder, ground cumin, garlic powder, yellow mustard powder

1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

TIP *For extra flavour, cook the rice in chicken stock or add a bay leaf to the water.*

2. SAUTÉ THE VEGETABLES

Heat **oil** in a large saucepan over medium heat. Dice **celery, capsicum, and carrot**. Add to pan. Sauté for 3-4 minutes until softened. Stir in **Buffalo spice mix** and **1 tbsp flour**. Cook for 1 minute until fragrant and coated.

TIP *Add crushed garlic for a deeper flavour.*

3. SIMMER THE STEW

Add **chicken breast fillets** to the pan along with **2 cups of water** (or chicken stock if available). Cover and let simmer for 20 minutes, or until the chicken is cooked through and tender.

TIP *Stir in a splash of Worcestershire sauce or a teaspoon of mustard for added depth.*

3. SHRED THE CHICKEN

Remove the chicken from the pan and shred using two forks. Return the shredded chicken to the stew and stir to combine. Season with **salt and pepper** to taste.

TIP *If you have tinned tomatoes or tomato paste, stir in a spoonful to enhance the richness of the stew.*

4. FINISH AND SERVE

Spoon the chicken stew over cooked rice to serve.

This recipe has simplified instructions to help lower your meal cost.