



### Product Spotlight: Chilli

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



## F4 Chicken Gumbo with Brown Rice

A Cajun-inspired gumbo stew with shredded chicken breast and loads of veggies, served over brown rice.

 30 minutes

 4 servings

 Chicken

3 June 2022

## Spice it up!

*For some extra punch in your gumbo, add some sliced chorizo or andouille sausage. Cook the sliced sausage at step 2 before adding the vegetables.*

Per serve: **PROTEIN** 52g **TOTAL FAT** 7g **CARBOHYDRATES** 32g

## FROM YOUR BOX

BROWN RICE	1 packet (300g)
BROWN ONION	1
CELERY STICKS	2
GREEN CAPSICUM	1
TOMATOES	2
CHICKEN SCHNITZELS	600g
JERK SPICE MIX	1 packet
GREEN CHILLI	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, apple cider vinegar

## KEY UTENSILS

large frypan with lid, saucepan

## NOTES

Instead of shredding the chicken at step 5, cut it into small bite sized pieces at step 3.



### 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 THE VEGETABLES

Heat a large frypan over medium–high heat with **oil**. Slice onion and celery, add to pan as you go. Cook for 5 minutes until softened. Roughly chop capsicum and tomatoes. Add to pan.



### 3. ADD THE CHICKEN

Add chicken (see notes) to pan along with jerk spice mix and **2 tbsp cornflour**. Stir until combined.



### 4. SIMMER THE GUMBO

Pour **3 cups water** into pan. Simmer, covered, for 10–12 minutes or until chicken is cooked through. Stir in **1 1/2 tbsp vinegar** and season with **salt and pepper**.



### 5. SHRED THE CHICKEN

Remove chicken from pan. Use two forks to shred then add back to pan and stir to combine.



### 6. FINISH AND SERVE

Thinly slice chilli.

Divide rice among bowls. Top with gumbo and garnish with sliced 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)

