



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 Chicken Gumbo

Cajun-inspired stew with shredded chicken and vegetables, served over brown rice.

 30 mins

 2 servings

 Chicken

20 August 2021

Spice it up!

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

Per serve: **PROTEIN** 51g **TOTAL FAT** 4g **CARBOHYDRATES** 32g

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) *
CHICKEN BREAST FILLETS	300g
STOCK PASTE	1/2 jar *
CHILLI	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan with lid, saucepan

NOTES

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

Test your cajun spice for spice levels. If you prefer your dish to be mild only add 1/2 tbsp cajun spice.

Instead of adding the whole breast fillets and shredding them at step 5, cut the chicken into small bite sized pieces.

Stirring the flour through the vegetables before pouring in the water will prevent any lumps in the stew.



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



3. ADD THE CHICKEN

Halve chicken breast fillets (see notes). Add to pan with **1 tbsp cajun spice** and **1 tbsp flour**. Stir until combined.



4. SIMMER THE GUMBO

Pour in **1 1/2 cups water** and stock paste. Simmer, covered, for 15 minutes or until chicken is cooked through. Stir in **1/2 tbsp vinegar**, season with **salt and pepper**.



5. SHRED THE CHICKEN

Remove chicken from pan. Use two forks to shred. Add back to pan and combine well.



6. FINISH AND PLACE

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

