

DINNERLY



 **HEALTHY**

 **ONE PAN**

Vegetarian Gumbo with Mixed Beans and Sweet Potato

 30-40 minutes  2 Servings

Bring a taste of New Orleans to the table with this 'Big Easy' twist on gumbo. Part soup, part stew, this hearty dish combines smoky, tomatoey flavours with lots of veggies.

WHAT WE SEND

- 17
- 2 sweet potatoes

WHAT YOU NEED

- barbecue sauce
- boiling water
- chilli flakes
- olive oil
- plain flour¹
- tomato paste

TOOLS

- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 515kcal, Fat 10.8g, Carbs 71.9g, Proteins 18.6g



1. Prep ingredients

Crush or finely chop 2 **garlic cloves**. Trim the **celery** and halve lengthwise, then cut into 1cm chunks. Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane. Peel the **sweet potato**, then cut into 1cm chunks. Rinse and drain the **four bean mix**. Trim the **green beans**, then cut into 2cm lengths.



2. Fry aromatics

Heat 1 **tbs olive oil** in a large saucepan over medium heat. Cook the **garlic, celery** and **capsicum**, stirring occasionally, for 2 mins or until softened.



3. Add tomatoes

Add the **sweet potato, barbecue seasoning** and 3 **tsp plain flour** to the pan. Cook, stirring, for 2 mins or until fragrant. Add the **four bean mix, tomatoes, 1½ tbs tomato paste, 1½ tbs barbecue sauce** and 500ml (2 cups) **boiling water**. Bring to the boil.



4. Simmer gumbo

Cook, stirring occasionally, for 12 mins. Add the **green beans** and cook for a further 3 mins or until the beans are tender. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **gumbo** among bowls, scatter over ¼ **tsp chilli flakes**, if using, and enjoy.



6. Did you know?

Gumbo is a speciality of Louisiana cooking, although its origins trace back to French, Spanish and African cultures. There are countless versions, some made with seafood or meat while others include okra, which helps to thicken the stew. The name 'gumbo' is in fact derived from the West African word for okra.