



Cajun-Style Bean Stew

with Pickled Jalapeños

Veggie

Spicy

35 Minutes



Black Beans



Garlic Puree



Green Bell Pepper



Oregano



Cajun Spice Blend



Vegetable Broth Concentrate



Cilantro



White Wine Vinegar



Jalapeño



Mirepoix



Basmati Rice

HELLO MIREPOIX

A classic flavour base made up of carrots, celery and onions!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, potato masher, strainer, medium pot, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Garlic Puree	1 tbsp	2 tbsp
Green Bell Pepper	200 g	400 g
Oregano	7 g	7 g
Cajun Spice Blend 🌶️	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Cilantro	7 g	14 g
White Wine Vinegar	2 tbsp	4 tbsp
Jalapeño 🌶️	1	2
Mirepoix	113 g	227 g
Basmati Rice	¾ cup	1 ½ cup
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeño!) Core, then finely chop **green pepper**. Finely chop **cilantro**. Strip **oregano leaves** from stems. Finely chop **1 tbsp oregano leaves** (dbl for 4 ppl). Drain and rinse **beans** in a strainer.



Start stew

While **rice** cooks, heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mirepoix** and **green peppers**. Cook, stirring occasionally, until softened, 4-5 min. Add **garlic puree**, **oregano**, **Cajun Spice Blend** and **half the cilantro**. Cook, stirring often, until fragrant, 1 min. Add **beans**, **broth concentrate**, **1 ½ cup water** and **½ tsp salt** (dbl both for 4 ppl). Bring to a boil over high heat. Reduce heat to medium and cook, uncovered, until **stew** reduces slightly, 10-12 min.



Pickle jalapeño

Add **vinegar**, **1 tsp sugar** and **⅛ tsp salt** (dbl both for 4 ppl) to a small microwaveable bowl. Microwave in 15 sec increments, stirring between each, until **sugar** dissolves. (**NOTE:** This is your pickling liquid.) Add **jalapeños**, then stir to combine. Set aside.



Finish stew

Remove pot from heat, then stir in **2 tsp pickling liquid** (dbl for 4 ppl). Season with **salt** and **pepper**. Mash **beans** with a potato masher until roughly mashed. (**TIP:** Some beans will still be whole.)



Cook rice

Bring **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



Finish and serve

Drain **jalapeños** and discard remaining pickling liquid. Fluff **rice** with a fork, then divide between bowls. Ladle **stew** otop, then sprinkle with **remaining cilantro**. Top with **pickled jalapeños**.

Dinner Solved!