



Veggie 'Jambalaya' Bowl

with Meatless Farm® Protein and Kidney Beans

Veggie

Spicy

30 Minutes



Meatless Farm®



Basmati Rice



Kidney Beans



Cajun Spice Blend



Mirepoix



Green Bell Pepper



Tomato Sauce Base



Vegetable Broth Concentrate



Hot Sauce



Baby Spinach



Garlic, cloves

HELLO JAMBALAYA

A classic dish from Louisiana!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Meatless Farm®	2	4
Basmati Rice	¾ cup	1 ½ cups
Kidney Beans	370 ml	740 ml
Cajun Spice Blend 🌶️	1 tbsp	2 tbsp
Mirepoix	113 g	227 g
Green Bell Pepper	200 g	400 g
Tomato Sauce Base	2 tbsp	4 tbsp
Vegetable Broth Concentrate	1	2
Hot Sauce 🌶️	4 tbsp	8 tbsp
Baby Spinach	56 g	113 g
Garlic, cloves	1	2
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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Cook rice

Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **rice**, **half the Cajun Spice Blend** and **half the garlic**. Cook, stirring often, until fragrant, 30 sec-1 min. Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Cook veggies

Heat the same pan over medium. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **mirepoix** and **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender, 3-4 min.



Prep

While **rice** cooks, core, then cut **pepper** into ½-inch pieces. Roughly chop **spinach**.



Make 'jambalaya'

Add **tomato sauce base**, **remaining Cajun Spice Blend** and **remaining garlic** to the pan with **veggies**. Cook, stirring often, until fragrant, 30 sec. Add **Meatless Farm® protein**, **beans** including **liquid**, **broth concentrate** and **¾ cup water** (dbl for 4 ppl). Reduce heat to medium-low and cook, stirring occasionally, until thickened, 5-7 min. Add **spinach** and stir until **spinach** wilts, 1 min.



Cook Meatless Farm®

Heat a large non-stick pan over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **Meatless Farm® patties**. Cook, breaking up **patties** into bite-sized pieces, until slightly crispy, 4-6 min.** Transfer to a plate.



Finish and serve

Fluff **rice** with a fork. Divide **rice** and **'jambalaya'** between bowls. Drizzle over **hot sauce**, to taste.

Dinner Solved!