



**HELLO
FRESH**

Creole Style Smoked Sausage Gumbo

with Green Beans, Roasted Pepper and Rice

Very Hot

Preparation time : 45 min.



British Hickory
Smoked Sausages



Bell Pepper



Garlic Clove



Flat Leaf Parsley



Chicken Stock Paste



Water for the Rice



Plain Flour



Sugar for the Sauce



Basmati Rice



Onion



Green Beans



Cajun Spice Mix



Tomato Passata



Butter



Water for the Sauce



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/creole-style-smoked-sausage-gumbo-402>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Grater, Large Saucepan, Bowl, Lidded saucepan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
British Hickory Smoked Sausages (unit(s))	2	3	4
Basmati Rice (grams)	150	225	300
Bell Pepper (unit(s))	1	2	2
Onion (unit(s))	1	1	2
Garlic Clove (unit(s))	2	3	4
Green Beans (grams)	80	160	160
Flat Leaf Parsley (bunch(es))	1	1	1
Cajun Spice Mix (sachet(s))	1	1	2
Chicken Stock Paste (grams)	10	15	20
Tomato Passata (carton(s))	1	1½	2
Water for the Rice (milliliter(s))	300	450	600
Butter (grams)	20	30	40
Plain Flour (tbsp)	1	1½	2
Water for the Sauce (milliliter(s))	300	450	600
Sugar for the Sauce (tsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3036 kJ
Energy (kcal)	726 kcal
Fat	23.5 g
of which saturates	10.5 g
Carbohydrate	94.9 g
of which sugars	18.5 g
Dietary Fibre	8.6 g
Protein	24.6 g
Salt	3.15 g

Allergens

Sulphites

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Pop the **sausages** onto a baking tray. When the oven is hot, bake on the middle shelf until the sausages are golden brown and cooked through, 20-25 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.* Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid. Stir in the rice and ¼ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.



Make your Gumbo

Pop the pan back on medium heat (no need to clean). Add the **butter** (see pantry for amount) and allow it to melt. Once hot, stir in the **flour** (see pantry for amount). Cook until it forms a **paste**, 1-2 mins - you've made a **roux**! Cook it further until it becomes a golden brown colour, 1-2 mins, continuously stirring. Add the **Cajun spice mix** and stir-fry for 1 min more. Next, stir in the **water for the sauce** (see pantry for amount) a little at a time, followed by the **chicken stock paste**, **passata** and **sugar for the sauce** (see pantry for amount). Bring to the boil, stir and simmer until thickened, 1-2 mins. Remove from the heat.



Cook the Rice

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam). Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 3cm chunks. Halfway through cooking, add the **pepper** to the **sausage** tray and drizzle with **oil**. Toss to coat, then turn the **sausages** and pop back into the oven. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.*



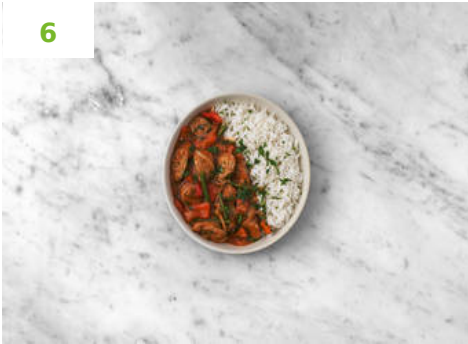
Finishing Touches

Once the **sausages** and **pepper** are cooked, remove the tray from the oven. Carefully cut the **sausages** diagonally into 5 or 6 pieces and stir them into the sauce, along with the **roasted pepper**, **green beans** and **onion**. Pop back on the heat and simmer until piping hot, 2-3 mins. Stir through **half** the **parsley**, season with **salt** and **pepper**, then remove from the heat. Add a splash of **water** to loosen if needed.



Fry the Onion and Beans

Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Trim and halve the **green beans**. Heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, add the **onion** and **green beans**. Season with **salt** and **pepper** and fry, stirring occasionally, until softened, 7-8 mins. While the **veg** fries, roughly chop the **parsley** (stalks and all). Once the **veg** has softened, add the **garlic** and fry for 30 secs more, then transfer to a bowl and set aside.



Serve

Share the **rice** between your bowls and spoon over the **sausage gumbo**. Sprinkle over the remaining **parsley** to finish.

Enjoy your meal!