



**HELLO
FRESH**

Creole Style Chicken Gumbo Style Stew

with Green Beans, Roasted Pepper and Rice

High Protein

Preparation time : 45 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/creole-style-chicken-gumbo-style-stew-408>

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
Basmati Rice (grams)	150	225	300
Bell Pepper (unit(s))	1	2	2
Diced British Chicken Breast (grams)	240	390	480
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)	2598 kJ
Energy (kcal)	621 kcal
Fat	13.6 g
of which saturates	6.5 g
Carbohydrate	89.3 g
of which sugars	17.5 g
Dietary Fibre	7.7 g
Protein	40.7 g
Salt	1.9 g

Allergens

No allergens listed

Always check the product labels for allergen information.



Cook the Rice

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.

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).



Make your Gumbo Style Stew

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.



Get Prepped

Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 3cm chunks.

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Trim and halve the green beans.

Roughly chop the **parsley** (stalks and all).



Finishing Touches

Once thickened, stir the **cooked chicken** and **veg** into the **sauce**.

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

Heat a drizzle of oil in a large saucepan on medium-high heat.

Once hot, add the **diced chicken breast**, **onion**, **green beans** and **bell pepper**. Season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.

Fry until golden brown on the outside and cooked through, 8-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.

Once the **chicken** has browned and 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 **chicken gumbo style stew**.

Sprinkle over the remaining **parsley** to finish.

Enjoy your meal!