



COLLARD GREEN & KIDNEY BEAN GUMBO

with Mushrooms & Jasmine Rice

INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz
Collard Greens



1/2 Cup | 1 Cup
Jasmine Rice



13.4 oz | 26.8 oz
Kidney Beans



2 | 4
Veggie Stock Concentrates



4 oz | 8 oz
Button Mushrooms



1 | 2
Roma Tomato



2.5 oz | 5 oz
Celery



1 | 2
Yellow Onion



1 | 2
Green Bell Pepper



2 Cloves | 4 Cloves
Garlic



1 TBSP | 2 TBSP
Blackening Spice



2 TBSP | 4 TBSP
Flour
Contains: Wheat



1 tsp | 2 tsp
Dried Thyme



HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 820



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 670



HELLO FRESH

HELLO

COLLARD GREENS

This sturdy, leafy cousin of kale softens in both texture and flavor as it cooks.

ROUX THE DAY

In step 3, you'll be making a *roux*, or a mixture of flour and butter that works wonders to thicken sauces and soups. Cooking the mixture first gives it a toasted, nutty flavor—but since it can brown in a flash, be sure to whisk constantly so the flour doesn't burn.

BUST OUT

- Small pot
- Medium pot
- Whisk
- Medium bowl
- Kosher salt
- Black pepper
- Butter (3 TBSP | 6 TBSP)
Contains: Milk
- Paper towels
- Large pan
- Cooking oil (1 tsp | 1 tsp)

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*Shrimp are fully cooked when internal temperature reaches 145°.



1 COOK RICE

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve. Fluff rice with a fork.



4 START GUMBO

- Once roux is finished, stir in **bell pepper, celery, onion, garlic**, and **½ tsp salt (1 tsp for 4 servings)** until combined. Increase heat to medium high. Cook, stirring often, until veggies are softened, about 5 minutes.
- In a medium bowl, combine **stock concentrates** and **2½ cups water (3½ cups for 4)**.
- Once veggies are softened, gradually stir in **stock mixture** until smooth. Add **mushrooms, tomato, beans and their liquid, Blackening Spice, thyme**, and **½ tsp salt (1 tsp for 4)**. Stir to combine.
- Bring to a simmer and cover pot. Cook, until veggies are tender, 8-10 minutes.



2 PREP

- **Wash and dry produce.**
- Core, deseed, and dice **bell pepper** into ½-inch pieces. Halve **celery** lengthwise, then thinly slice crosswise. Halve, peel, and finely dice **onion**. Peel and mince or grate **garlic**. Trim and thinly slice **mushrooms**. Dice **tomato** into ½-inch pieces.

- Rinse **shrimp*** under cold water, then pat dry with paper towels.



5 FINISH GUMBO

- Add **collard greens** and **¼ tsp salt (½ tsp for 4 servings)** to pot with **gumbo**. Stir to combine.
- Bring to a simmer and cook, uncovered, until collards are tender, 5-7 minutes.
- Remove from heat; stir in **1 TBSP butter (2 TBSP for 4)** until butter melts. Season with **salt** and **pepper** to taste.
- While gumbo cooks, season **shrimp** all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp and cook, stirring occasionally, until opaque and cooked through, 3-4 minutes. Remove from heat. Once **gumbo** is finished, stir in cooked shrimp.



3 MAKE ROUX

- Melt **2 TBSP butter (4 TBSP for 4 servings)** in a medium pot over medium heat. Reduce heat to low and add **flour**; cook, whisking constantly, until lightly browned, 5-7 minutes. **TIP: Whisk the roux constantly to avoid burning.**



6 SERVE

- Divide **gumbo** between bowls. Top with a **mound of rice** and serve.

WK 11-23