



# Spicy Veggie 'Jambalaya' Bowls

with Beyond Meat® and Spicy Mayo

Veggie

Spicy

30 Minutes



Beyond Meat®



Basmati Rice



Sweet Bell Pepper



Mirepoix



Jalapeño



Garlic, cloves



Kidney Beans



Seasoned Salt



Tomato Sauce Base



Vegetable Broth Concentrate



Hot Sauce



Mayonnaise

HELLO JAMBALAYA

*A classic dish from Louisiana!*

## Start here

Before starting, wash and dry all produce.

### Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tbsp
- Medium: 1 tbsp
- Spicy: 1 ½ tbsp
- Extra-spicy: 2 tbsp

## Bust out

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

## Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Mirepoix	113 g	227 g
Jalapeño 🌶️	1	2
Garlic, cloves	1	2
Kidney Beans	370 ml	740 ml
Seasoned Salt	½ tbsp	1 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Vegetable Broth Concentrate	1	2
Hot Sauce 🌶️	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
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 seasoned salt** and **half the garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl), then bring to a boil over high.
- 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**, **peppers** and **1 tbsp jalapeños**. (**NOTE**: Reference heat guide.) Season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender, 3-4 min.



## Prep and make spicy mayo

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP**: We suggest using gloves when prepping jalapeños!)
- Add **mayo** and **half the hot sauce** (use all for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



## Make 'jambalaya'

- Add **tomato sauce base**, **remaining seasoned salt** and **remaining garlic** to the pan with **veggies**. Cook, stirring often, until fragrant, 30 sec.
- Add **Beyond Meat®**, **beans** including **liquid**, **broth concentrate** and **¾ cup water** (dbl for 4 ppl).
- Reduce heat to medium-low and cook, stirring occasionally, until **sauce** thickens slightly, 5-7 min.



## Cook Beyond Meat®

- Heat a large non-stick pan over medium heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **Beyond Meat® patties**. Cook, breaking up **patties** into bite-sized pieces, until slightly crispy, 4-6 min.\*\*
- Remove the pan from heat. Transfer **Beyond Meat®** to a plate, then cover to keep warm.



## Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** and **'jambalaya'** between bowls.
- Drizzle **spicy mayo** over top.

## Dinner Solved!