



SHRIMP AND SAUSAGE GUMBO

over Basmati Rice



HELLO

ANDOUILLE SAUSAGE

The smoked sausage is a favorite ingredient in Cajun cuisine

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 500



Yellow Onion



Green Bell Pepper



Andouille Sausage



Crushed Tomatoes



Parsley



Red Bell Pepper



Basmati Rice



Cajun Spice Blend



Shrimp
(Contains: Shellfish)

START STRONG

The Cajun spice blend has a mild heat. Use it to taste, adding less if anyone at your table is not a fan of spice.

BUST OUT

- Medium pot
- Paper towel
- Large pan
- Olive oil (2 tsp)

INGREDIENTS

Ingredient 4-person

- Yellow Onion 1
- Red Bell Pepper 1
- Green Bell Pepper 1
- Parsley ¼ oz
- Shrimp 10 oz
- Basmati Rice 1½ Cups
- Andouille Sausage 2 Links
- Cajun Spice Blend 1 TBSP
- Crushed Tomatoes 1 Box

HELLO WINE

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1 PREP Wash and dry all produce. Bring **2 cups water** and a pinch of **salt** to a boil in a medium pot. Halve, peel, and dice **onion**. Core, seed, and remove white ribs from **red** and **green bell peppers**, then chop into small squares. Roughly chop **parsley**. Rinse **shrimp** and pat dry with a paper towel.



4 COOK SAUSAGE Meanwhile, remove **2 sausage links** from package (we sent more) and thinly slice into rounds. Once **onion** and **peppers** are softened, add **sausage** to pan. Toss until warmed through, 3-4 minutes. Add **2 tsp Cajun spice blend** (we sent more). Toss to combine.



2 COOK RICE Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered until rest of meal is ready.



5 COOK TOMATOES AND SHRIMP Add **tomatoes** and **¾ cup water** to pan. Stir to combine. Season with **salt** and **pepper**. Add **shrimp** to pan and simmer until completely opaque and cooked through, 5-6 minutes. Season with **salt**, **pepper**, and more **Cajun spice blend** (to taste).



3 COOK PEPPERS AND ONIONS Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **bell peppers** and **onion** and cook, tossing, until softened, 4-5 minutes. Season with **salt** and **pepper**.



6 FINISH AND SERVE Divide **rice** between plates and top with **shrimp and sausage mixture**. Sprinkle with **parsley** and serve.



KIDS CAN HELP!

BIG EASY!

This Louisiana classic is surprisingly simple to make.