

CAJUN STYLE JACKFRUIT GUMBO

WITH RED KIDNEY BEANS
& TOASTY GARLIC BREAD

METHOD

1. Preheat an oven to 180° Celsius.
2. Peel the Onion and slice the stem and root ends off. Roughly chop into 1-2 cm chunks. Slice the Capsicum in half through the stalk and remove the stalk and seeds. Chop into square pieces 1-2 cm in size. Slice the Celery Stalk into similarly sized pieces.
3. Heat a frying pan, with a drizzle of oil, to a high heat and add the onions. Fry, stirring occasionally, for 3-4 minutes, until the onions have turned translucent. Stir the capsicum and celery into the onions, and fry a further 2-3 minutes. The onions should now be browning lightly. Season with salt, pepper, and optionally, 1/4-1/2 tsp of chili/cayenne pepper if you want your Gumbo spicy. Stir, and reduce the heat to medium. Add in the Cajun Jackfruit Gumbo. Cover and bring to a simmer, then remove the lid, lower the heat, and continue simmering, stirring occasionally, for 6-8 minutes.
4. Meanwhile, crush the garlic cloves with the side of a large knife and remove the skin. Finely mince the

garlic, then add to a small bowl with 1-2 Tbsp of oil, or your choice of butter/margarine, a pinch of salt and a few cracks of pepper. Mix well with a fork to combine into garlic 'butter'.

5. Slice the buns from the top (as you would with a loaf) about 1-2 cm thick, 3/4 of the way through - i.e. without completely separating them, so they stay joined at the bottom. Carefully spread the insides of the slices with the garlic butter, trying not to tear the pieces apart. Toast in the oven for 3-5 minutes or until the bread and garlic have cooked to your liking. (If the bread has broken apart, sit the pieces right next to each other in the oven).

6. Serve your Cajun Style Jackfruit Gumbo in dinner bowls, topped with some freshly cut and rinsed micro herbs, and with the toasty Garlic Bread on the side.

Optionally, top your Gumbo with your favourite cheese, sour cream, and/or hot sauce!

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YUM JAR

ALL TASTE
ZERO WASTE

INGREDIENTS

Per 1 serve: you will use 2x or 4x this amount

- 1 Garlic Clove
- 1/4 Brown Onion
- 1/4 Green Capsicum
- 1/2 Celery Stalk
- 1 1/2 Cup Cajun Jackfruit Gumbo
- 1 Shelly Bay Baker Ciabatta Bun (or Gluten Freedom Simply Sourdough Bun)

EXTRAS

(not supplied)

Olive oil, salt, pepper. Optionally, your preferred butter or margarine, chili/cayenne powder/chili flakes, your preferred cheese, sour cream, and/or hot sauces.

JAR INGREDIENTS

Cajun Jackfruit Gumbo: red kidney beans, olive oil, garlic, red capsicum, carrot, mixed spices, nutritional yeast, salt, tomato paste, apple cider vinegar, gluten free soy sauce, tinned tomatoes, jackfruit, house-made vegetable stock, cornstarch, lemon juice.

ALLERGENS

Gluten (unless your box is gluten free), soy.