



# Jambalaya **VG GF**

with plant-based sausage

**PLANT**

30 - 40 minutes  
serves two



Beyond Meat



Garlic



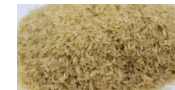
Holy Trinity Blend



Okra



Crushed Tomato



Long Grain Rice



Kidney Beans



Cajun Spice



Bay Leaves



Cilantro

# Start here

- wash and pat dry all produce
- \* items that you will need to provide

## What you'll need

- large pot
- measuring cup / spoons

Oil*	2 tbsp
Salt and pepper*	to taste
Water <u>or</u> vegetable stock*	3 cups
Beyond Meat sausage	2 pc
Garlic	1 oz
Holy Trinity blend	6 oz
- onion, celery, red and green pepper	
Okra	8 pc
Crushed tomatoes	9 oz
Long grain rice	2 cups
Kidney beans	1 can
Cajun spice blend	4 oz
- oregano, basil, sweet paprika, smokey paprika, cayenne pepper	
Bay leaves	2 pc
Cilantro	1/4 bunch



1. Cut sausages into pieces. Heat a large pot over medium-high heat. Add 2 tbsp of oil. Next add the sliced sausages. Sear both sides until nicely browned. Remove from pot and set aside.



2. In the same pot, add the Holy Trinity blend along with the garlic and sauté. Then add the Cajun spice blend, continue to sauté until they just begin to soften.



3. Stir in the rice and beans. Add a little salt and bay leaves. Cook for approximately 2 minutes on medium-high heat. Add the crushed tomatoes and water (or vegetable stock) and mix well.



4. Bring to a boil, then reduce heat to low, cover the pan. Simmer gently, stirring occasionally until the rice is almost cooked and most liquid has been absorbed. This should take approximately 10 minutes.



5. Add the sausage and sliced okra. Heat through for approximately 5 minutes. Season with salt and pepper.

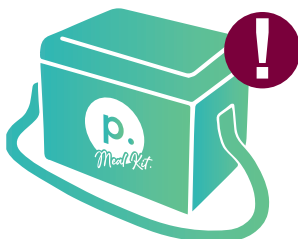


6. Garnish with chopped cilantro. Serve immediately.

Please refer to our Meal Kit website for the most accurate allergen information.



Ingredients are packed in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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