



NUTRITION per serving 85g carbohydrates 13g fat 15g protein 1631mg sodium | calorie-conscious, vegetarian



Calories
507



Prep & Cook Time
25-35 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Mild



Okra and Poblano Jambalaya

with corn and mushrooms

IN YOUR BOX

8 oz. Cremini Mushrooms
2 Green Onions
1 Celery Stalk
1 Ear of Corn
4 oz. Okra
¾ cup Jasmine Rice
1 Tbsp. Cajun Seasoning
14 ½ oz. Canned Diced Tomatoes
1 Poblano Pepper

CONTAINS:

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Baking Sheet
Large Non-Stick Pan
Medium Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat the broiler
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- Heads Up!** Green onions are used twice. White portions are added to vegetables, and green portions garnish dish.

FROM THE CHEF

Okra has a natural thickening agent, which is why it is common in gumbos and jambalaya. Cooking them cut side down reduces its effect and improves its texture.

Did you know...

Jambalaya is a Creole dish brought to New Orleans by the Spanish in the 18th century. It's a version of the Spanish "paella" rice dish, but with Creole seasonings standing in for the very expensive saffron.



Prepare the Ingredients

Quarter **mushrooms**. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Trim ends off **celery** and cut into thin slices on an angle. Shuck **corn** and remove silk. Halve **okra** lengthwise.



Cook the Vegetables

Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **mushrooms, white portions of green onions, and celery** to hot pan. Stir occasionally until mushrooms are lightly browned, 4-5 minutes. Add **rice** and **seasoning blend** and stir constantly, 30-60 seconds.



Cook the Rice

Stir in **tomatoes**, 2 cups **water**, ½ tsp. **salt**, and a pinch of **pepper**. Bring to a simmer, reduce heat to medium, and stir occasionally until rice is tender, 15-17 minutes. While rice cooks, broil poblano and corn.



Broil the Corn and Poblano

Place **corn** and **poblano pepper** on prepared baking sheet. Rub both with 1 tsp. **olive oil**. Place under broiler until both are browned, 5-6 minutes.



Sear the Okra

Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **okra** to hot pan, cut side down, and cook undisturbed until lightly charred and crisp tender, 2-4 minutes. Season with ¼ tsp. **salt** and a pinch of **pepper** and remove from burner.



Finish the Dish

Once cooled, carefully remove skin from **poblano pepper** and cut into 1" dice. Remove kernels from **corn cob**. Stir poblano strips and corn into **jambalaya**. Place jambalaya on a plate. Top with **okra** and **green portions of green onions**.