



## Cajun Dirty Rice with Brown Rice

& Garlic Aioli



30min



2 Servings

| We made this recipe carb conscious by customizing with quick-cooking brown rice.



## What we send

- 2 oz celery
- 1 bell pepper
- 1 yellow onion
- 10 oz pkg grass-fed ground beef
- ¼ oz Cajun seasoning
- 5 oz quick-cooking brown rice
- ¼ oz fresh parsley
- 2 (1 oz) mayonnaise <sup>3,6</sup>

## What you need

- neutral oil
- kosher salt & ground pepper
- sugar
- red wine vinegar (or white wine vinegar)
- garlic

## Tools

- medium ovenproof pot

### Cooking tip

Aioli is a garlic rich mayo from France, traditionally made by hand with a mortar and pestle. Our aioli hack uses pre-made mayonnaise, raw garlic, and a little vinegar. Great on sandwiches too!

### Allergens

Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 900kcal, Fat 47g, Carbs 70g, Protein 36g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

Finely chop **2 teaspoons garlic**. Trim **celery**, then cut into ¼-inch pieces. Halve **bell pepper**, discard stem and seeds, then cut into ¼-inch pieces. Cut **onion** into ¼-inch pieces.



### 4. Add aromatics

To pot, stir in **half of the garlic, all of the Cajun seasoning, and ¼ teaspoon each of salt and sugar**; cook until fragrant. Add **rice** and stir until combined. Add **1¼ cups water** and bring to a simmer. Remove from heat, cover, and transfer to center oven rack. Bake until rice is tender and liquid is absorbed, 18-22 minutes.



### 2. Cook beef

Heat **1 tablespoon oil** in a medium ovenproof pot over medium-high. Add **beef** and cook, breaking up into smaller pieces, until browned, about 5 minutes.



### 5. Make aioli

Meanwhile, coarsely chop **parsley leaves and stems**.

In a small bowl, whisk to combine **mayonnaise, remaining garlic, and ½ teaspoon vinegar**. Season to taste with **salt and pepper**.



### 3. Cook veggies

Add **onions, celery, and bell peppers** to pot with **beef**. Season with **a generous pinch each of salt and pepper**. Cook, stirring, until veggies are softened and just starting to brown, and beef is cooked through, 5-7 minutes.



### 6. Finish & serve

Remove **rice** from oven and allow to rest, covered, about 5 minutes more. Fluff **dirty rice** with a fork and season to taste with **salt and pepper**. Garnish with **parsley** and serve with **aioli** on the side. Enjoy!