



Cajun Dirty Rice with Plant-Based Ground

& Garlic Aioli



30min



2 Servings

Don't let the term dirty rice fool you! This Cajun dish gets its name from the brown hue the rice takes on thanks to protein and spices. The trinity—onions, celery, and bell peppers—is a base for many dishes in Cajun cuisine, and here we sauté them with plant-based ground and spicy Cajun seasoning. This hearty one-pot meal is worthy of being the main course. A creamy aioli alongside adds a cooling element to balance the heat.

What we send

- garlic
- 2 oz celery
- 1 bell pepper
- 1 yellow onion
- ½ lb pkg Impossible patties ⁶
- ¼ oz Cajun seasoning
- 5 oz jasmine rice
- ¼ oz fresh parsley
- 2 oz mayonnaise ^{3,6}

What you need

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

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 820kcal, Fat 42g, Carbs 84g, Protein 27g



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 plant-based ground

Heat **1 tablespoon oil** in a medium ovenproof pot over medium-high. Add **plant-based ground** 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 **plant-based ground**. Season with **a generous pinch each of salt and pepper**. Cook, stirring, until veggies are softened and just starting to brown, 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!