

# DINNERLY



## **Vegetarian Mushroom Étouffée** with Steamed Rice



30-40min



2 Servings

If you're familiar with Louisiana's classic étouffée, you might know it's traditionally made with shellfish. We want our veggie-loving Dinnerly fam to get a taste too, so we swapped out the shrimp for earthy, meaty mushrooms. Sit back, relax, and before you know it, you'll feel like you're partying on Bourbon Street. We've got you covered!

## WHAT WE SEND

- 5 oz basmati rice
- 1 yellow onion
- 1 green bell pepper
- ½ lb mushrooms
- ¼ oz Cajun seasoning
- 14½ oz whole peeled tomatoes
- ¼ oz fresh parsley

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter <sup>1</sup>
- all-purpose flour <sup>2</sup>
- sugar

## TOOLS

- small saucepan
- medium Dutch oven or pot with lid

## ALLERGENS

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 590kcal, Fat 20g, Carbs 88g, Protein 13g



### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



### 2. Prep veggies

While **rice** cooks, halve **onion** and thinly slice.

Halve **bell pepper** lengthwise, discard stem and seeds, and cut into ¼-inch thick strips.

Cut **mushrooms** lengthwise into quarters.



### 3. Cook veggies

Heat **2 tablespoons oil** in a medium Dutch oven or pot over medium-high. Add **onions**, **bell peppers**, and a **pinch each of salt and pepper**; cook, stirring occasionally, until just softened, 5–7 minutes.

Add **1 tablespoon each of butter and flour** and **1 teaspoon Cajun seasoning** (or more to taste); cook, stirring, until fragrant, about 30 seconds.



### 4. Build sauce

To pot with **veggies**, add **tomatoes**, **⅔ cup water**, **½ teaspoon sugar**, and a **pinch each of salt and pepper**. Bring to a simmer, breaking up tomatoes with the back of a spoon. Cover with a lid or foil and cook over medium heat, 10 minutes.

Fold in **mushrooms**; cover and cook, stirring occasionally, until mushrooms are tender and tomatoes have broken down, 12–15 minutes.



### 5. Finish & serve

Uncover pot and continue to cook over medium heat until **sauce** is reduced, 5–7 minutes. Season to taste with **salt** and **pepper**. Coarsely chop **parsley leaves and stems**. Fluff **rice** with a fork.

Serve **mushroom étouffée** over **rice** with **parsley** sprinkled over top. Enjoy!



### 6. Bring the heat!

Add a few shakes of your favorite hot sauce before serving.