

Gumbo with wholegrain rice

Rezept für 4 Personen



Laktosefrei, Glutenfrei

Nährwert / Portionen 372 kcal

Zubereitung

Zutaten Shrimp Gumbo

- 1 tbsp olive oil
- 400 g prawns, peeled
- 1 onion
- 1 garlic clove
- 1 green and 1 yellow bell pepper
- 1 celery stalk
- 200 g okra
- 1 can of Pelati tomatoes
- 1/2 red, 1/2 green pepperoncini
- 4 tbsp fish sauce
- 2 bay leaves
- 3 sprigs of thyme
- 1 spring onion
- handful of parsley

Zutaten Wholegrain rice

- 180 g wholegrain rice
- 400 ml vegetable stock
- 1 bay leaf
- 1 tbsp Swiss canola oil

Zubereitung Shrimp Gumbo

Peel and finely dice the onions and garlic. Put half of the onions aside for the rice. Cut the celery into diagonal slices. Cut the bell peppers into equal pieces and the okra diagonally into quarters. Then finely slice the pepperoncini and spring onion into rings and chop the herbs. Heat the olive oil in a pan and fry the onions and garlic briefly. Then add the prawns, pepperoncini, bay leaves and celery stalks and stir-fry. Add the Pelati and simmer over a low heat for approx. 15 minutes. Add the bell peppers and okra and simmer for a further 10 minutes. Season to taste with salt, pepper and fish sauce and garnish with spring onions and parsley.

Zubereitung Wholegrain rice

Wash the wholegrain rice twice in cold water. Heat a little canola oil in a pan and sauté the remaining diced onion until translucent. Add the wholegrain rice and sauté for a further 2 - 3 minutes. Add the hot stock and bay leaf and bring to the boil. Cook the rice over a low heat until soft, stirring occasionally.