JAMBALAYA WITH CHICKEN, SHRIMP, AND SAUSAGE



Ingredients Yield: 4-6 servings

Reorder No.	Description	Amount
864091	Boneless Skinless Chicken Breasts	2 breasts
131231	Olive Oil	4 Tbsp.
424307	Kosher Salt	to taste
225037	Trade East® Regular Ground Black Pepper	to tasta
514012	Trade East Cajun Seasoning	2 Tbsp.
Market Item	Cauliflower Rice	16 oz.
693078	Onion, finely chopped	1 large
184710	Celery, chopped	2 stalks
671332	Red Bell Pepper	1
644650	Garlic, minced	4 cloves
225002	Trade East Ground Spanish Paprika Spice	1 Tbsp.
226045	Andouille Sausage, halved lengthwise and sliced	4 links
216074	Petite Diced Tomatoes, undrained	15 oz.
232563	Large Shrimp, peeled & deveined	8 oz.
156949	Tabasco Sauce	to taste
673662	Fresh Parsley, chopped	¼ cup

Preparation Instructions

Wash hands.

Preheat oven to 375°F.

Place chicken breasts on a nonstick baking sheet. Drizzle with 1 tablespoon olive oil. Season with salt, pepper and 2 teaspoons Cajun seasoning. Bake for 22 - 25 minutes, or until cooked.

Place cauliflower on a nonstick baking sheet. Drizzle with 1 tablespoon olive oil and season with salt, black pepper and 1 teaspoon Cajun seasoning. Toss so the seasonings are evenly distributed. Roast for 10 minutes alongside the chicken.

Meanwhile, heat remaining 2 tablespoons oil in a large skillet over medium-high heat. Add the onion, reduce heat to medium and cook 4 - 5 minutes. Add the celery and red bell pepper and continue cooking another 7 - 8 minutes or until very soft. Keep heat at medium.

Add the garlic, paprika, Andouille sausage and cook 2 minutes. Add tomatoes and shrimp and cook, stirring often until shrimp is cooked.

Cut the chicken into 1/2-inch pieces. Add to pan along with cauliflower and heat through. Adjust seasonings and add Tabasco sauce to taste. Add half the parsley.

Transfer to a serving platter and garnish with remaining parsley.