TuSalud

Healthy Recipe: Chicken & Shrimp Jambalaya

A healthier, tasty twist on a classic Louisiana comfort food.

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Thanks to a couple of minor recipe tweaks and the addition of trusted flavor bombs like Cajun seasoning and hot sauce, this is a healthier twist on a Southern classic that is sure to be your favorite comfort meal.

20 min prep

4 servings

17 ingredients

Ingredients

- 12 ounces frozen medium shrimp, peeled and deveined
- 1 teaspoon kosher salt
- 1 teaspoon of black pepper
- 2 tablespoons Cajun seasoning, plus
- 1/2 teaspoon Cajun seasoning, divided
- 2 tablespoons of extra virgin olive oil
- 1 medium green bell pepper, diced
- 1 medium red bell pepper, diced
- 1 medium yellow onion, diced
- 2 ribs of celery, diced
- 4 chicken thighs, boneless and skinless, cubed
- 1 (14.5 ounces) canned diced tomatoes

- 2 teaspoons hot sauce
- 2 teaspoons Worcestershire sauce
- 1 cup uncooked wild rice
- 2½ cups chicken stock
- 2 bay leaves

Directions

1. Place shrimp in a bowl and season with ¼ teaspoon of salt, ¼ teaspoon of pepper, and ½ teaspoon of Cajun seasoning. Set aside.
2. In a large pot, warm olive oil on medium heat. Add diced bell peppers, onions, and celery for 10 minutes until onions are translucent. Add remaining salt and pepper and stir to incorporate.
3. Add the cubed chicken and sauté until chicken browns on all sides, about 8-10 minutes. Add tomatoes, mix, and cook until tomato mixture slightly darkens in color. Add remaining Cajun seasoning, hot sauce, and Worcestershire sauce and stir to combine.
4. Add wild rice, chicken stock, and bay leaves and simmer for 35-40 minutes, or until rice is tender, but not mushy. Add shrimp and cook until shrimp about 8-10 minutes. Taste and adjust seasonings as needed and serve.

Recipe by Laura King, Drexel Food Lab

Chef Tips

This dish is very filling and can be altered to any palate. Hearty vegetables can be added and the spice level can also be kicked up a notch if you'd like.

Nutrition Facts (per serving)

Calories: 802; Fat: 43g; Saturated Fat: 11g; Polyunsaturated Fat: 9g; Monounsaturated Fat: 20g; Carbohydrates: 49g; Sugar: 10g; Fiber: 7g; Protein: 55g; Sodium: 1554 mg

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