

Shrimp and Andouille Jambalaya

A New Orleans classic made fresh in your own kitchen. With shrimp, Andouille sausage and just the right spices, it's a one-pot, hands-free dinner you will love, guaranteed.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan with
Lid

FROM YOUR PANTRY

Butter
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Andouille Sausage
Shrimp
Cajun Spices
Veggies

Make the Meal Your Own

Love spicy? Add additional cayenne pepper for an extra kick

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the white rice, reducing the **carbs per serving to 24g**. In step 2, add the cauliflower "rice" in place of the rice and add ONLY 1 cup of water. Check on water level periodically and add more if mixture is becoming too dry.

Good To Know

Jambalaya was created in the French Quarter of New Orleans. The Spanish were attempting to make paella in the New World. We think the result is even more delicious. (Don't tell our friends in Madrid.)

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

Health snapshot per serving – 440 Calories, 10g Fat
4g Fiber, 50g Carbs, 38g Protein and 11 Smart Points

Have questions? The dinner hotline is standing by
from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Shrimp, Andouille Sausage, White Rice, Diced Tomato, Green Pepper, Green Onion, Celery,
Bay Leaf, herbs and spices.

meez *meals*

1. Cook the Andouille Sausage

Cut the Andouille Sausage in 1/4" wide slices and combine with 2 tablespoons of butter in a large stockpot over a medium-low heat and cook until browned and slightly crispy, about 5 minutes.

The Andouille Sausage is fully cooked. We're browning it for flavor.

2. Cook the Spices, Veggies, and Rice

Stir in the **Cajun Spices** and heat for 1 minute.

Next add the Veggies and cook for 2 minutes.

Then stir in the **Rice** and 2 cups of water. Turn heat to high and bring to a low-boil.

Cover, turn heat to low, and simmer for 20-25 minutes.

3. Add the Shrimp

Mix in the **Shrimp**, replace lid and cook for an additional 5 minutes.

4. Serve and Enjoy!

Add salt and pepper as desired and place in a serving bowl.

The Jambalaya keeps well. Just be sure to remove it from the heat so the shrimp doesn't get overcooked.

Love this recipe? #meezmagic