

# 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

## 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, 1600mg Sodium, 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.

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 3 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.

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

**4. Serve and Enjoy!**

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

*Love this recipe? #meezmagic*

Instructions for two servings  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**