



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 healthier twist on a Southern classic is sure to become your favorite comfort meal.

Servings: 4 / Ingredients: 17 / Prep: 20 minutes

Ingredients

- 12 ounces frozen medium shrimp, peeled and deveined
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 2 tablespoons Cajun seasoning
- ½ 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 celery ribs, diced
- 4 boneless and skinless chicken thighs, cubed
- 1 14.5-ounce can 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 until onions are translucent, about 10 minutes. Add remaining salt and pepper and stir to incorporate.
3. Add the cubed chicken and sauté until chicken browns on all sides, about 8 to 10 minutes. Add tomatoes, mix and cook until tomato mixture slightly darkens. Add remaining Cajun seasoning, hot sauce and Worcestershire sauce, and stir to combine.
4. Add wild rice, chicken stock and bay leaves, and simmer until rice is tender but not mushy, about 35 to 40 minutes. Add shrimp and cook about 8 to 10 minutes. Taste and adjust seasonings as needed, and serve.

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: 43 g; saturated fat: 11 g; polyunsaturated fat: 9 g; monounsaturated fat: 20 g; carbohydrates: 49 g; sugar: 10 g; fiber: 7 g; protein: 55 g; sodium: 1,554 mg

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