



In your box

- ½ oz. Crispy Fried Onions
- 2 tsp. Mirepoix Broth Concentrate
- .6 oz. Butter
- 8 ½ oz. Cooked Jasmine Rice
- 3 fl. oz. Tomato Sauce
- 6 oz. Pepper and Onion Mix
- 🔪 2 tsp. Cajun Seasoning

Customize It Options

- 8 oz. Shrimp
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Diced Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Salt

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Oven-Ready



Cajun Shrimp Jambalaya

with peppers and onions

NUTRITION per serving—Calories: 452, Carbohydrates: 61g, Sugar: 5g, Fiber: 1g, Protein: 21g, Sodium: 1677mg, Fat: 13g, Saturated Fat: 5g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Medium

Before you cook

All cook times are approximate based on testing.



1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Carefully massage **rice** in bag to break up any clumps. Tear a small slit in an upper corner of bag to vent. Place upright in microwave and heat, 45 seconds. Remove rice from packaging.
- Combine rice, **tomato sauce, seasoning blend, mirepoix base, 2 Tbsp. water,** and a pinch of **salt** in provided tray. Spread into a single layer.



2. Add the Shrimp

- Pat **shrimp** dry.
- Top evenly with **pepper and onion mix**, then add shrimp in an even layer.

Customize It Instructions

- If using **whole chicken breasts**, cut into 1" dice and follow instructions below.
- If using **diced chicken**, follow same instructions as shrimp in Steps 2 and 3, baking uncovered until chicken reaches minimum internal temperature, 23-35 minutes.



3. Bake the Dish

- Bake uncovered in hot oven until **shrimp** reaches a minimum internal temperature of 145 degrees, 18-22 minutes.
- Carefully remove from oven. Stir in **butter** and top with **crispy onions**. Bon appétit!