

2 SERVINGS SHOWN

# Shrimp Jambalaya

With Okra, Peas, and Roasted Red Peppers



Our shrimp jambalaya is pretty darn tasty. Plus it's low-cal, done in 40 minutes, and filled with tasty veggies and lots of plump shrimp. Old Bay Seasoning and okra give it that classic jambalaya flavor, and it's served up steaming hot over fluffy white rice. What's not to love?

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

## NUTRITION

Calories: 530  
Carbohydrates: 72g  
Fat: 3g  
Protein: 50g  
Sodium: 805mg  
*per serving*

## DIETARY



LOW CALORIE



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

## DRINK PAIRING

When we think of New Orleans, we think of chicory coffee from Cafe du Monde. The bitter taste of chicory root is polarizing, but with beignets (fluffy little doughnuts) for dessert, you might just love it.

## INGREDIENTS

2 oz. Button Mushrooms  
1 Shallot  
3 oz. Roasted Red Peppers  
2 tsp. Gluten Free Minor's Chicken Base  
8 oz. Tomato Sauce  
2 tsp. Old Bay Seasoning  
16 Shrimp  
¾ Cup Parboiled White Rice  
2 oz. Frozen Peas  
2 ½ oz. Frozen Okra

## WHAT YOU NEED

Olive Oil  
Pepper

## EQUIPMENT

Mixing Bowl  
Medium Pan

## DID YOU KNOW?

Jambalaya is a Creole dish brought to New Orleans by the Spanish in the 18th century. It's a version of the Spanish "paella" rice dish, but with Creole seasonings standing in for the very expensive saffron.

Discover more  
recipes at  
[homechef.com](https://homechef.com)



## Prepare the Ingredients

Thoroughly rinse produce and pat dry. Quarter **mushrooms**. Peel and mince **shallot**. Dice **roasted red peppers**. Mix **chicken base** with **tomato sauce**, **Old Bay**, and ⅔ cup **water**. Rinse **shrimp** and pat dry. Place in medium bowl and season with **pepper**.

## Start the Jambalaya

Heat 1 tsp. **olive oil** in a medium pan over medium-high heat. Place **shrimp** in pan and cook for 5 minutes to brown the shrimp. Remove shrimp and set aside. Wipe pan out, add an additional tsp. of **olive oil**, and add **mushrooms**. Cook for 4 minutes, or until mushrooms begin to brown. Add **shallot** and cook for another minute. Add additional 1 tsp. **olive oil** and **rice** and cook about 4 minutes, or until rice slightly browns. *Slightly toasting the rice creates a barrier that helps the rice from sticking together in this recipe.*

## Add the Vegetables

Add **peas**, **okra**, and **roasted red peppers** to pan and cook for about 2 minutes. *These vegetables can be added thawed or frozen—they defrost pretty quickly in the pan. If still frozen, add 2-3 minutes of cooking time to make sure they cook through all the way.*

## Add the Broth

Add **tomato sauce**–**chicken base broth** to pan and bring to a boil.

## Add the Shrimp

Once boiling, reduce to a simmer. Cover and cook about 20 minutes. Add **shrimp** back to pan, stir, and cook for an additional 2 minutes or until shrimp has reached a minimum internal temperature of 130 degrees. Season with a pinch of **pepper**.

## Plate the Dish

Divide **jambalaya** between 2 bowls or shallow dishes and enjoy!