

Low Carb Jambalaya with Chicken, Shrimp and Sausage

Ingredients

- 2 boneless skinless chicken breast halves
- 4 tablespoons olive oil, divided
- salt and freshly ground black pepper
- 2 tablespoons Cajun seasoning, preferably salt-free, divided
- 1 bag (16-ounce) cauliflower "rice" or "pearls" --OR-- 1 large head cauliflower, grated
- 1 large onion, finely chopped
- 2 stalks celery, chopped
- 1 red bell pepper, chopped
- 4 cloves garlic, minced
- 1 tablespoon Hungarian paprika
- 4 links Andouille sausage, halved lengthwise and sliced
- 1 can (15-ounce) petite diced tomatoes, undrained
- 8 ounces large peeled and deveined shrimp
- Tabasco sauce, to taste
- 1/4 cup chopped fresh parsley, divided

Instructions

1. Preheat oven to 375 degrees. Place chicken breasts on a nonstick baking sheet. Drizzle with 1 tablespoon olive oil. Season evenly with salt, pepper and 2 teaspoons Cajun seasoning. Bake for 22 - 25 minutes or until cooked through to 165 degrees.
2. Place cauliflower on a nonstick baking sheet (or line a baking sheet with nonstick aluminum foil or parchment paper). Drizzle with 1 tablespoon olive oil and season with salt, black pepper and 1 teaspoon Cajun seasoning. Toss so that seasonings are evenly distributed. Roast for 10 minutes alongside the chicken.
3. Meanwhile, heat remaining 2 tablespoons oil in a large skillet or saute pan over medium-high heat. Add the onion, reduce heat to medium and cook 4 - 5 minutes. Add the celery and red bell pepper and continue cooking another 7 - 8 minutes or until very soft. Keep heat at medium.

4. Add the garlic, paprika, Andouille sausage and cook 2 minutes. Add tomatoes and shrimp and cook, stirring often until shrimp is cooked.
5. Cut the chicken into 1/2-inch pieces. Add to pan along with cauliflower and heat through. Adjust seasonings and add Tabasco sauce to taste.
6. Add half the parsley. Transfer to a serving platter and garnish with remaining parsley.