



Cooking Made Easy

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Shrimp Jambalaya

This dish kicks off with the Cajun "Holy Trinity": celery, onion, and bell pepper. Rice is cooked in a rich tomato sauce for the ultimate flavor bomb. We added juicy shrimp, but sausage or chicken would go equally well in this classic dish.



40 min



level 1



gluten-free



one-pot wonder



spicy



nut free



Shrimp



Celery



Diced Tomatoes



Cumin



Chili Powder



Scallion



Rice



Onion



Green Bell Pepper



Cayenne Pepper



Stock Concentrate

Ingredient	2 Person	4 Person
Shrimp	2)	10 oz
Rice		20 oz
Onion	¾ C	1 ½ C
Green Bell Pepper	1	2
Celery	1 stalk	2 stalks
Cayenne	1 t	2 t
Diced Tomatoes	1 can	2 cans
Stock Concentrate	1	2
Cumin	1 t	2 t
Chili Powder	1 t	2 t
Scallions	2	4
Olive Oil*	1 T	2 T

*Not included

Allergens

2)Crustacean

Ruler
0 in 1/2 in 1 in

Nutrition per serving Calories: 560 | Carbs: 81g | Fat: 9g | Protein: 38g | Fiber: 7g



1 Halve, peel, and finely chop the **onion**. Core, seed, and remove the white veins from the **bell pepper**. Cut into thin strips, then cube. Cut the **celery** into ½-inch pieces. Thinly slice the **scallions**.



2 Heat 1 tablespoon **olive oil** in a pot over medium heat. Add the **onion, celery, and half the green bell pepper**. Season with **salt and pepper**. Cook for about 5 minutes, until softened.



3 Add the **rice, cumin, chili powder, and pinch of cayenne pepper (careful, it's spicy!)**. Cook for about 1 minute, stirring, to toast.



4 Add the **tomatoes, stock concentrate, and 2 cups of water** and bring to a boil. Reduce to a simmer and cook for 15-20 minutes or until **rice** is tender, stirring occasionally.

5 Season the **shrimp** with **salt and pepper**. Add the **shrimp and remaining bell pepper** to the rice and stir. Cook for about 3-5 minutes, until shrimp are pink and opaque in the center.

6 Serve the jambalaya with a sprinkle of **scallions** on top!

Tip Cooking grains in a sauce, coconut milk, or stock creates a richer flavor. If that's your thing, try swapping out plain water in your next recipes to kick it up a notch!