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SKINNY JAMBALAYA RICE BOWL

Recipe Details

1. Cook rice as directed on package.
2. In a sauté pan, heat oil over medium-high heat. Combine chicken and zesty pepper blend. Toss well to coat and sear chicken in pan. Add half the water, cover and cook until an internal temperature of 165°F is reached. Remove from pan and set aside.
3. Sear turkey sausage over medium heat. Add citrus herb seasoning and remaining water. Cook through, then add shrimp and peppers. Cook until shrimp is just cooked. Combine jambalaya rice, chicken, turkey sausage, shrimp, and chervil. Serve warm.

RECIPE TYPE: SOUPS STEWS AND BOWLS**CUISINE: CAJUN AND CREOLE**

NUTRITION INFORMATION (PER SERVING)

CALORIES: 330**SODIUM: 400 MG****CARBOHYDRATES: 28 G****PROTEIN: 33 G**

MAIN RECIPE | INGREDIENTS | SERVES 4

3/4 CUP **ZATARAINS® JAMBALAYA MIX, REDUCED SODIUM**

1 CUP WATER

1 TEASPOON CANOLA OIL

3/4 POUNDS CHICKEN BREAST, DICED 1"

2 TEASPOONS PERFECT PINCH® SALT-FREE ZESTY PEPPER BLEND

1 1/2 OUNCES TURKEY SAUSAGE, CRUMBLED

1 TEASPOON **LAWRYS® CITRUS HERB SEASONING, SALT FREE**

1 1/2 OUNCES SHRIMP, 31/35 COUNT, PEELED AND DEVEINED

1/4 CUP WATER

2 TEASPOONS GREEN OR RED BELL PEPPER, DICED 1/2"

1 1/2 TABLESPOONS CHERVIL, PICKED