MARLEY SPOON

Low-Carb Shrimp Jambalaya

with Green Chiles & Cauliflower Rice

40-50min 2 Servings

All of the delicious parts of a classic jambalaya but with a healthy twist! We sub in cauliflower rice for an easy low-carb approach that's just as satisfying. Tomatoes, green chiles, Cajun seasoning, and fried onions pack in the flavor while plump shrimp brings the protein. Scatter scallions over top and dig in without the mess and stress.

What we send

- 2 scallions
- aluminum foil tray
- 12 oz cauliflower rice
- ½ oz fried onions
- ¼ oz Cajun seasoning
- 4 oz can chopped green chiles
- ¼ oz hondashi [1]
- 14½ oz can whole peeled tomatoes
- 10 oz pkg shrimp [2]

What you need

- olive oil
- kosher salt & ground pepper

Tools

Cooking tip
The foil tray is reusable! Wash with dish soap and water, then dry thoroughly. Next time you're ready for a tray bake, spray the tray with nonstick cooking spray for even easier clean-up.

Allergens
Fish (1), Shellfish (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving
Calories 280kcal, Fat 11g, Carbs 23g, Protein 28g

1. Prep cauliflower rice

Preheat oven to 400°F with a rack in the center. Trim **scallions** and thinly slice, keeping dark greens separate.

In aluminum tray, combine **cauliflower rice, scallion whites, fried onions, Cajun seasoning (use less based on heat preference), half of the green chiles**, and **1½ teaspoons hondashi**. Add **half of the tomatoes** to tray; cut tomatoes with scissors until coarsely chopped.

2. Bake cauliflower rice

Stir **1 tablespoon oil** into **cauliflower rice**; season to taste with **salt** and **pepper**. Bake on center rack until cauliflower rice is tender, about 20–25 minutes, stirring halfway through.

3. Bake shrimp & serve

Rinse **shrimp** and pat very dry; season with **salt** and **pepper**.

Once **cauliflower rice** has cooked for 20–25 minutes, stir shrimp into cauliflower rice. Bake on center rack until shrimp is pink and just cooked through, stirring halfway through, 10–12 minutes. Sprinkle with **scallion greens**. Enjoy!

4. ...

Looking for more steps?

5. ...

You won't find them here!

6. ...

Enjoy your Marley Spoon meal!