

OnePot Keto Jambalaya with Cauliflower Rice

Oscar · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

6

Description

Try this keto version of traditional jambalaya with cauliflower rice instead of rice andouille sausage and chicken thighs for a Louisianainspired dinner

Ingredients

- - 3 tablespoons ghee (clarified butter) - 1 cup chopped green bell pepper - 1 cup chopped celery - 1 cup chopped onion - 1 pound skinless
- boneless chicken thighs
- cut into 1-inch pieces - 14 ounces andouille sausage
- cut lengthwise and sliced crosswise into 1/4-inch slices - 2 tablespoons Cajun seasoning - 1 teaspoon hot sauce - 1 (10 ounce) can diced tomatoes with green chiles (such as Rotel®)
- drained slightly - 1/2 cup unsalted chicken stock - 1 (16 ounce) package frozen riced cauliflower - 1 pound frozen raw shrimp
- peeled and deveined - freshly ground black pepper to taste

Instructions

1. Melt ghee in a large Dutch oven over medium heat. Add bell pepper
2. celery
3. and onion. Cook until vegetables begin to soften and onion turns soft and translucent
4. 3 to 4 minutes. Add chicken
5. sliced sausage
6. Cajun seasoning
7. and hot sauce. Cook and stir until everything is well combined
8. 2 to 3 minutes. Add drained tomatoes and stock and bring to a boil. Reduce heat
9. cover
10. and simmer until chicken is cooked through
11. about 15 minutes. Remove lid and add riced cauliflower
12. breaking up any clumps while stirring. Add frozen shrimp and increase heat to medium high. Push each shrimp below the surface of the hot tomato sauce and season with black pepper. Bring to a boil and cook until shrimp curls and turn pink in color
13. 6 to 8 minutes. Cook's Note: You can substitute unsalted butter for the ghee.