



Cajun Zucchini Noodle Stew With Shrimp and Sausage

Ingredients

Zucchini 2 medium
Andouille chicken sausage, sliced 1 link
Shrimp, peeled and deveined 4 oz.
Olive oil 1 tbsp
Red bell pepper, thinly sliced 1/2 pepper
Yellow onion, chopped 1/2 cup
Celery, thinly sliced 1/4 cup
Diced tomatoes, undrained 1 cup
Reduced-sodium chicken broth 1/2 cup
Tomato paste 1 tbsp
Cajun seasoning 2 tsp
Garlic, minced 2 tsp
Salt to taste
Bay leaves 2
Parsley for garnish

Directions

1. Spiralize zucchini using a spiralizer with a 3-millimeter blade.
2. Place your zucchini noodles in a colander (set over a large bowl) and sprinkle with a pinch of salt. Toss to coat and let stand so the noodles can release some water.
3. In a large pan, heat the olive oil on medium-high heat. Add in the Cajun seasoning and garlic and cook until garlic is golden brown and fragrant, about 1 minute.
4. Add in the sliced pepper, onion, and celery, and cook until vegetables are lightly browned and tender, about 2-3 minutes.
5. Reduce the temperature to medium, and add in the sliced chicken sausage. Cook until the sausage is slightly browned, about 2-3 minutes.

6. Add in the diced tomatoes, chicken broth, tomato paste, and bay leaves. Stir until the tomato sauce has broken down into the sauce. Raise the heat to medium-high, and bring to a boil.
7. Once boiling, reduce the heat back to medium and let simmer, uncovered, until the sauce has thickened and reduced by about half, about 10 minutes.
8. Add in the shrimp, cover the pan, and cook until the shrimp is opaque, about 2-3 minutes.
9. Squeeze out as much moisture from the zucchini noodles as you can, and then pat dry on a paper towel.
10. Divide the zucchini noodles between two bowls, then divide the stew on top of them. Garnish with fresh parsley, and devour.

Nutrition Facts

Serving size: 1 bowl

Recipe yields 2 bowls

Calories 285

Fat 15 g

Carbs 18 g

Protein 22 g