**Intro:**

This may not be the traditional way to make Jambalaya, but it sure is convenient and very tasty! With our trusty sheet pan on hand, and a few smart supermarket shortcuts, we kept this weeknight jambalaya recipe incredibly quick and easy. The buttery rice has the perfect amount of Cajun seasoning and roasted veggies. It is a great way to highlight the chicken, sausage, and shrimp that you typically find in a Cajun dish. Since we use only one pan, you can count on this not only being a delicious dinner but delivering easy clean up too! Spice things up for dinner and give this fun dish a try!

**Chef Tips:**

* Always use a large sheet pan when making this dish. We recommend a 15”x21” sheet pan if possible. The more space you have around the vegetables and proteins, the better they roast. When vegetables overlap or crowd onto a sheet pan, they end up steaming instead of roasting. This greatly affects the end taste, texture, and cook time.
* High edges are also important to keep the ingredients in the pan. We suggest a pan that has1-2 inch sides. If you do not have a large sheet pan, divide the ingredients and use two smaller ones for the best results.
* Size does matter when making sheet pan recipes. Keep the size of vegetables consistent and follow instructions. Items cut too small will overcook, large items will remain undercooked. These recipes are all about size and timing!
* Are you going low carb? Feel free to substitute cauliflower rice for the cooked rice. Cook as directed before adding to sheet pan.
* We used 2 (8.8 ounce) pouches of pre-cooked rice we found on the rice isle at the grocery store. You can also use frozen rice as well. Just make sure to warm rice as directed on packaging before using. We also used traditional white rice typically served with jambalaya, but have fun experimenting with wild or brown rice. This is also a great way to use leftover rice, even from the Chinese take-out from the night before.

**Sheet Pan Jambalaya**

**Ingredients**

* 1 cup (about 1 medium) green bell pepper cut into 1-inch pieces
* 1 cup (about 1 medium) red bell pepper cut into 1-inch pieces
* 1 cup (about 1 medium) onion cut into 1-inch pieces
* 3 large ribs of celery, cut into ½ inch pieces
* 2 large chicken breasts, cut into 1-inch pieces
* 12 ounces of andouille sausage, sliced into ¼ inch rounds (beef sausage or kielbasa can be substituted)
* 6 Tablespoons of Salted Challenge Butter, melted
* 4 teaspoons of Cajun Seasoning
* 1 pound of large shrimp, peeled and deveined
* 2 cups of warm precooked rice
* 1 (14 ounce) can of diced tomatoes, drained
* 4 green onions, diced

**Directions**

1. Preheat oven to 400 degrees.
2. Place peppers, onions, celery, chicken, and sausage on a large baking sheet, or sheet pan with a 1-2 inch tall sides.
3. In a medium bowl, combine melted butter and Cajun seasoning. Pour half of the seasoned butter over ingredients on the sheet pan. Place shrimp into the remaining seasoned butter in the bowl. Set aside until needed.
4. Place the uncovered sheet pan in preheated oven to roast for 20 minutes or until vegetables have some brown edges, and chicken is almost cooked through.
5. Remove from oven, add rice and tomatoes. Toss with a spoon to combine, then flatten and spread out over the bottom of sheet pan. Place shrimp with seasoned butter on top. Put sheet pan back into the oven for 7-8 minutes or until shrimp are opaque and cooked through.
6. Remove sheet pan and stir with a spoon to combine all the ingredients. Sprinkle the top with diced green onions before serving.

**Serves 4-6**