



15-MINUTE CAJUN CHICKEN AND BEEF SAUSAGE

🕒 5 minutes

🕒 20 minutes

🍴 4 portions

INGREDIENTS

- 566 grams of chicken breast, cut into 1-inch pieces
- 1 tbsp of cajun, spice [7 g]
- 2 Beef sausage, cut into 1-inch pieces
- 1/2 cup, chopped of onions, raw [80 g]
- 1 large red capsicum, chopped [164 g]
- 2 medium zucchini, chopped [392 g]
- 170 grams of tomatoes, crushed, canned

COOKING METHOD

- 1° Season chicken breast chunks with the seasoning.
- 2° Set a nonstick skillet on high heat. Once the skillet is hot, spray with a little olive oil and toss in the chicken. Sear the chicken for about 6 minutes until the outside edges are charred. Make some space in the skillet and toss in the sausage pieces. Sear for an additional 2 to 3 minutes until the outside edges are seared – vigorously shake the pan to prevent the food from sticking, then dump the chicken and sausage into a bowl.
- 3° Place the skillet on MEDIUM heat, lightly spray it with olive oil again, then toss in garlic and onions. Caramelize the onions for 2 minutes and do not let the garlic burn. Then add in the bell peppers and zucchinis. Continuously stir for 3 to 5 minutes until the outside edges of the veggies begin to sear.
- 4° Pour in the crushed tomatoes and add the chicken and beef back to the skillet. Toss everything together and cook for an additional 2 to 3 minutes.
- 5° Season to taste with sea salt & pepper. Note, if your mixture is “too dry,” simply add tablespoons of chicken broth OR more crushed tomatoes until you reach the desired consistency. You can keep this meal low-carb and enjoy it with cauliflower rice another BOOST of vegetables, or enjoy with brown rice or quinoa.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (380 g)	% DRI
ENERGY	89 kcal	340 kcal	17 %
FAT	4 g	15 g	22 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	25 %
CHOLESTEROL	33 mg	125 mg	42 %
SODIUM	125 mg	475 mg	20 %
CARBOHYDRATE	3 g	13 g	4 %
SUGARS	2 g	7 g	—
FIBER	1 g	4 g	14 %
PROTEIN	10 g	39 g	—