

SEAFOOD



Blackened Shrimp Taco Bowls with White Rice and Zesty Slaw

and

Seafood Jambalaya

Produce

Avocado, 1
Bell pepper, red, 1
Cabbage, purple, ½ head
Carrots, whole, 2
Celery, 6 stalks
Cilantro, ½ bunch
Garlic cloves, 5
Jalapeño peppers, 2
Lemon, 1
Limes, 4
Mango, 1
Onion, yellow, 1 small
Parsley, ¼ bunch

Meat

Chicken, breasts or thighs, boneless and skinless, 1 pound
Mexican chorizo, uncured, 1 pound
Shrimp, raw, peeled, and deveined, 3 pounds

Dairy/Refrigerated

Butter, salted, 2 ounces (4 tablespoons)

Pantry

Broth, chicken, 24 fluid ounces (3 cups)
Crusty bread, for serving the Seafood Jambalaya
Frank's RedHot sauce, 4 fluid ounces (½ cup)
Olive oil, extra-virgin, 3 fluid ounces (¼ cup, plus 2 tablespoons)
Rice, white, uncooked, 12.6 ounces (2 cups)
Soy sauce or tamari, 2 fluid ounces (¼ cup)
Tomatoes, diced, 1 (28-ounce) can

Seasonings

Cayenne pepper, ½ teaspoon
Chili powder, mild, 3 tablespoons
Cumin, ground, ½ teaspoon
Garlic powder, 1 teaspoon
Oregano, dried, 2 tablespoons
Paprika, 1 tablespoon