

New Orleans-Style Sheet Pan

Servings: 4

|

Total Time: 1 hour

Ingredients

1 lb. (16 ounces) baby red potatoes

8 ounces smoked sausage, sliced into coins (we used Johnsonville Natural Andouille, but you can use whatever smoked sausage you like)

2 ears corn, cut into 2 pieces each (4 halves total)

2 zucchini, cut into 1/2-inch half-moons

4 tablespoons butter, melted and cooled

1 tablespoon Cajun seasoning

1 tablespoon Old Bay seasoning, or your favorite seafood seasoning

1 lb. (16 ounces) chicken breast, chopped into 1-inch pieces

8 ounces deveined & shelled shrimp, tails removed if you prefer

1 handful parsley, chopped

1 lemon, cut into wedges, for serving

Directions

Scrub the baby potatoes, if necessary. Place in a large saucepan and fill with enough water to cover them by 1 inch. Bring to a boil, then reduce the heat to medium-low and continue to simmer for 10 minutes. Drain and set the potatoes aside to cool.

Preheat the oven to 425 F. Line a sheet pan with foil and spray with non-stick spray (I use a coconut oil spray from Spectrum).

Combine the sliced sausage, corn, zucchini, and cooked baby potatoes in a large mixing bowl. Drizzle over the melted butter, Cajun seasoning, and Old Bay; stir to combine. Pour the mixed vegetables and sausage onto the prepped sheet pan.

In the same bowl (don't rinse it out!), combine the chopped chicken breast and shrimp and toss around in the remaining seasoned butter in the bowl. Place the chicken and shrimp in the center of the sheet pan, then cover the whole thing with foil. This will help everything to steam cook, making it like a real New Orleans-style shrimp boil.

Bake for 20 minutes, then remove the foil and bake for a further 15 minutes.

Sprinkle the parsley over everything and serve with the lemon wedges.