



Cajun-Spiced Shrimp Skewers

with Lemon-Garlic Butter and Jewelled Rice

Grill

Spicy

35 Minutes



Shrimp



Wooden Skewers



Cajun Spice Blend



Garlic, cloves



Lemon



Basmati Rice



Vegetable Broth Concentrate



Parsley



Sweet Bell Pepper



Zucchini



Poblano Pepper

HELLO CAJUN SPICE BLEND

A savoury spice blend inspired by the flavours of Louisiana!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- Soak skewers in water, 5 min.
- While you prep, preheat the grill to 500°F over medium-high heat.

Bust out

Measuring spoons, strainer, zester, small non-stick pan, medium pot, large bowl, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Wooden Skewers	6	12
Cajun Spice Blend 🌶️	1 tbsp	2 tbsp
Garlic, cloves	3	6
Lemon	1	2
Basmati Rice	¾ cup	1 ½ cups
Vegetable Broth Concentrate	2	4
Parsley	7 g	14 g
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Poblano Pepper 🌶️	160 g	320 g
Unsalted Butter*	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook rice

Heat a medium pot over medium heat. Meanwhile, peel, then mince or grate **garlic**. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **half the garlic** to the pot. Cook, stirring often, until fragrant, 2-3 min. Add **rice, broth concentrates, 1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Grill veggies

Add **zucchini, bell peppers, poblanos** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt and pepper**, then toss to coat. Add **veggies** to one side of the grill. Close lid and grill, flipping once, until tender-crisp, 4-6 min. Transfer **veggies** to a plate to cool slightly.



Prep and make lemon-garlic butter

Meanwhile, zest **lemon**, then juice **half**. Cut **remaining lemon** into wedges. Roughly chop **parsley**. Halve **zucchini** lengthwise. Core, then halve **bell pepper**. Core, then halve **poblano**. (TIP: We suggest using gloves when prepping poblanos!) Heat a small non-stick pan over medium-low heat. When hot, add **remaining garlic** and **3 tbsp butter** (dbl for 4 ppl). Cook, stirring occasionally, until fragrant, 3-5 min. Remove the pan from heat, then add **lemon zest, lemon juice** and **half the parsley**. Season with **salt and pepper**, then stir to combine.



Grill shrimp

When **veggies** are almost done, add **shrimp** to the other side of the grill. Close lid and grill **shrimp**, flipping once, until cooked through, 2-3 min per side.**



Prep shrimp

Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **Cajun Spice Blend, salt** and **pepper**. Working with **one skewer** at a time, carefully thread **shrimp** onto **skewers**.



Finish and serve

Cut **zucchini** into ½-inch half-moons. Cut **all peppers** into ½-inch pieces. Add **rice, grilled veggies** and **1 tbsp butter** (dbl for 4 ppl) to the same large bowl (from step 4). Season with **salt and pepper**, then toss to combine. Divide **jewelled rice** and **shrimp skewers** between plates. Sprinkle **remaining parsley** over top. Serve **lemon-garlic butter** on the side for dipping. Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!