



JUL  
2016

## Charred Shrimp Skewers

with Mexican Oregano, Pineapple-Avocado Salsa & Cilantro Rice

More citrusy and bright than Mediterranean oregano, Mexican oregano pairs perfectly with lime zest on these juicy shrimp skewers. The combination of tangy pineapple, creamy avocado, and pickled jalapeño makes for an unbeatable guacamole-salsa hybrid.

 Prep  
30 min

 gluten  
free

 level 1

 dairy  
free

 make me  
first



Shrimp



Lime



Basmati Rice



Pineapple



Cilantro



Red Onion



Mexican Oregano



Jalapeño




Avocado



Wooden Skewers

## Ingredients

	1)	2 People	4 People
Shrimp	1)	1 pkg	2 pkg
Lime		1	2
Basmati Rice		1 pkg	2 pkg
Pineapple, cubed		1 pkg	2 pkg
Cilantro		1 pkg	1 pkg
Red Onion, chopped		1 pkg	2 pkg
Mexican Oregano		1 pkg	1 pkg
Jalapeño 		1	1
Avocados		1	2
Wooden Skewers		4	8
Olive or Canola Oil*			

\*Not Included

## Allergens

1) Shellfish/Fruits de Mer

## Tools

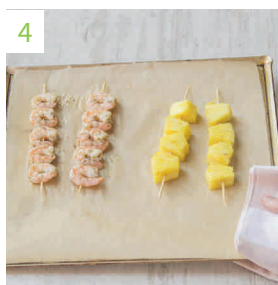
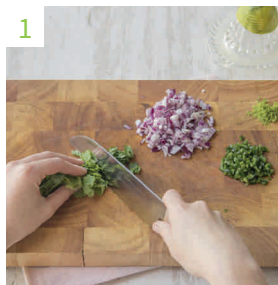
Small Pot, Zester, 2 Medium Bowls, Baking Sheet, Shallow Dish, Measuring Cups

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

**Nutrition per serving** Calories: 532 cal | Carbs: 50 g | Fat: 20 g | Protein: 34 g | Fiber: 8 g

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Prep:** Heat your broiler to high or oven to 500°F. Soak the **wooden skewers** in water in a shallow pan. In a small pot, bring **1½ cups water** (double for 4 people) to boil with a large pinch of **salt**. **Wash and dry all produce**. Mince the **jalapeño**, removing the ribs and seeds if you prefer less heat. Zest and juice the **lime(s)**.

**2 Cook the rice:** Once boiling, add the **rice** to the pot, cover, and simmer for 15 minutes, until tender.

**3 Make the skewers:** Meanwhile, toss the **shrimp** with the **lime zest** and **half the lime juice** in a medium bowl. Season with **salt, pepper**, and **Mexican oregano**. Thread the **shrimp** onto half the skewers. Thread the **pineapple** onto the remaining skewers.

**4** Place the **skewers** on a lightly oiled baking sheet and set under the broiler or in the oven for 2-3 minutes per side, until **pineapple** is lightly charred and **shrimp** are opaque.

**5** Meanwhile, halve, pit, and peel the **avocado**, then cut into ½-inch cubes.

**6 Make the pineapple-avocado salsa:** Remove the **pineapple** from the **skewers** and cut into ½-inch cubes. In a medium bowl, toss together the **pineapple, avocado, remaining lime juice, half the cilantro**, as much **jalapeño** and **red onion** as you like (to taste), and a drizzle of **oil**. Season with **salt** and **pepper**.

**7 Finish and serve:** Fluff the **rice** with a fork and toss in the **remaining cilantro**. Serve with the **shrimp** and a generous serving of **pineapple salsa** on top. Olé!

**BBQ TIP:** Instead of broiling, grill shrimp and pineapple skewers on medium-high, with lid open, 2 to 3 min per side.

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