



Shrimp Scampi with Lemon Rice Pilaf

Family Friendly

35 Minutes



Shrimp



Basmati Rice



Lemon



Garlic Puree



Parsley



Green Peas



Sweet Bell Pepper



Chicken Broth Concentrate



Onion, chopped



Italian Seasoning



Roma Tomato

HELLO GREEN PEAS

Green peas don't need to be cooked on their own, and they can be warmed with residual heat from cooking the rice!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, zester, medium pot, small pot, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Basmati Rice	¾ cup	1 ½ cup
Lemon	1	2
Garlic Puree	1 tbsp	2 tbsp
Parsley	7 g	14 g
Green Peas	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Chicken Broth Concentrate	1	2
Onion, chopped	56 g	113 g
Italian Seasoning	½ tbsp	1 tbsp
Roma Tomato	80 g	160 g
Unsalted Butter*	1 ½ tbsp	3 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 our meal kit labels for the most current allergen 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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Prep

Roughly chop **parsley**. Core, then cut the **peppers** into ½-inch pieces. Cut **tomato** into ¼-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **remaining lemon** into wedges. Drain and rinse **shrimp**, using a strainer, then pat dry with paper towels.



Make garlic butter

While **shrimp** and **peppers** broil, heat a small pot over medium-low heat. Add **1 ½ tbsp butter** (dbl for 4 ppl) and **remaining garlic puree**. Cook, stirring together, until **butter** has melted and **garlic** is fragrant, 2-3 min. Remove pot from heat. Transfer **garlic butter** to a medium bowl. Set aside.



Start pilaf

Heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until softened, 2-3 min. Add **rice**. Cook, stirring often, until fragrant, 1 min. Add **1 ¼ cups water** (dbl for 4 ppl), **peas** and **broth concentrate**. Cover and bring to a boil. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and liquid is absorbed, 12-14 min.



Finish pilaf

Fluff **rice** with a fork, then add **tomatoes**, **lemon juice** and **half the parsley**. Season with **salt** and **pepper**. Stir to combine.



Broil shrimp and peppers

While **rice** cooks, toss **shrimp**, **peppers**, **lemon zest**, **half the garlic puree**, **½ tbsp Italian Seasoning** and **½ tbsp oil** (dbl both for 4 ppl) to a baking sheet. Season with **salt** and **pepper**, then toss to coat. Broil in the **middle** of the oven, until **shrimp** just turns pink, 5-6 min.**



Finish and serve

Add **shrimp** and **peppers** to the bowl with **garlic butter**. Mix together. Divide **rice pilaf** between plates, then top with **shrimp**, **peppers** and any **juices** from the bowl. Sprinkle with **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!