



Shrimp Scampi with Lemon Rice Pilaf

Family Friendly

35 Minutes



Shrimp



Basmati Rice



Lemon



Garlic Puree



Parsley



Green Peas



Roasted Red Peppers



Chicken Broth Concentrate



Onion, chopped



Italian Seasoning



Roma Tomato

HELLO SHRIMP

Our shrimp are sourced sustainably to help preserve the health of our oceans!

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	1½ cups
Lemon	1	2
Garlic Puree	1 tbsp	2 tbsp
Parsley	7 g	14 g
Green Peas	56 g	113 g
Roasted Red Peppers	170 ml	340 ml
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*	1½ 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**. Drain, then roughly chop **roasted red peppers**. Cut **tomato** into ¼-inch pieces. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Drain and rinse **shrimp** using a strainer, then pat dry with paper towels.



Make garlic butter

While **shrimp** broil, heat a small pot over medium-low heat. When hot, add **1 ½ tbsp butter** (dbl for 4 ppl) and **remaining garlic puree**. Cook, stirring often, until **butter** is melted and **garlic** is fragrant, 2-3 min. Remove the 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 until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Finish pilaf

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



Broil shrimp

While **rice** cooks, add **shrimp**, **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 turn pink, 5-6 min.**



Finish and serve

Add **shrimp and roasted red peppers** to the bowl with **garlic butter**. Stir to coat. Divide **rice pilaf** between plates, then top with **shrimp, peppers** and any **remaining garlic butter** in the bowl. Sprinkle with **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!