

HELLO Grilled Shrimp Skewers with Orza Zuschini and Poppers

with Orzo, Zucchini and Peppers

Family Friendly



30-40 Minutes

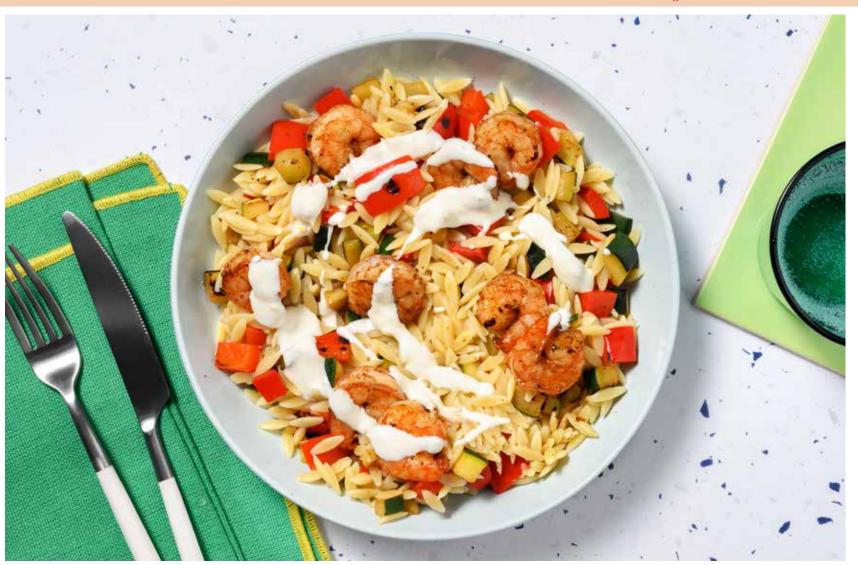


Tilapia Fillets 300 g | 600 g

Customized Protein Add (C) Swap

2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥







285 g | 570 g







Zucchini 1 | 2









1 | 2

Garlic, cloves 1 | 2

Pepper

1 | 2







Mayonnaise

Tomato Sauce







Mediterranean Spice Blend



Wooden Skewers

1 tbsp | 2 tbsp

6 | 12

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. Cooking utensils | Aluminum foil, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, strainer, zester



Cook orzo

- · Before starting, add 6 cups of water and 1 tsp salt to a medium pot (same for 4 ppl).
- · Cover and bring to a boil over high heat. Wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to medium-high (approx. 500°F).
- Add orzo to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and return orzo to the same pot, off heat. Add **1 tbsp** (2 tbsp) **oil**, then stir to coat. (TIP: We love to use olive oil in this recipe!) Cover and set aside.
- Meanwhile, soak **skewers** in water for at least 5 min.



Prep and make lemon aioli

- Meanwhile, cut zucchini lengthwise into 1/4-inch thick slices.
- Core, then quarter pepper.
- Add zucchini, peppers and ½ tbsp (1 tbsp) oil to a plate. Season with 1 tsp (2 tsp) Mediterranean Spice Blend, salt and **pepper**. Toss to coat.
- Peel, then finely grate garlic.
- Zest, then juice half the lemon. Cut remaining lemon into wedges.
- Add mayo, half the lemon zest, % tsp (1/4 tsp) garlic and 1/2 tbsp (1 tbsp) water to a small bowl. Season with salt and pepper, then stir to combine.



Marinate and skewer shrimp

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- Combine tomato sauce base, remaining garlic, remaining Mediterranean Spice Blend and ½ tbsp (1 tbsp) oil in a medium bowl.
- Drain, rinse and pat shrimp dry with paper towels. Season with salt and pepper, then add to bowl with marinade. Toss to fully coat each shrimp.
- Drain skewers, then thread shrimp onto skewers. Place assembled shrimp skewers on a plate to bring to the grill.
- · Discard any excess marinade.



Grill veggies

4

- Add peppers to the grill. Close lid and grill, flipping once, until tender, 3-5 min per side.
- Add zucchini to the grill. Close lid and grill, flipping once, until tender, 2-3 min per side.
- Transfer grilled veggies to the same plate to cool slightly.



Grill shrimp skewers

- Add shrimp skewers to the other side of the grill. Close lid and grill for 1-3 min per side, until opaque.** (NOTE: Don't overcrowd your grill! Grill shrimp once veggies are done if there isn't enough space on the grill.)
- Transfer shrimp skewers to a clean plate. Cover with foil to keep warm.



Finish and serve

- Roughly chop zucchini and peppers.
- Add chopped veggies, lemon juice and **remaining lemon zest** to the pot with orzo. Season with salt and pepper, then stir to combine.
- Divide grilled veggie orzo between bowls.
- Remove shrimp from skewers, then arrange over bowls.
- Drizzle **lemon aioli** over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps

1 tbsp

oil

3 | Marinate tilapia

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If you've opted to get tilapia, pat dry with paper towels. Season with salt and pepper, then add to bowl with **marinade**. Toss to fully coat. (NOTE: Skip the skewering step. Save the skewers for another creation.) Bring the bowl of marinated tilapia to the grill. After grilling, discard any excess **marinade**. Cook and plate **tilapia** in the same way the recipe instructs you to cook and plate the shrimp.**