



Grilled Shrimp Skewers

with Orzo, Zucchini and Peppers

Family Friendly

Grill

30-40 Minutes

Swap



Tilapia Fillets
300 g | 600 g

Customized Protein + Add Swap or *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](https://www.hellofresh.ca)



Shrimp
285 g | 570 g



Orzo
170 g | 340 g



Zucchini
1 | 2



Sweet Bell Pepper
1 | 2



Lemon
1 | 2



Garlic, cloves
1 | 2



Mayonnaise
2 tbsp | 4 tbsp



Tomato Sauce Base
2 tbsp | 4 tbsp



Mediterranean Spice Blend
1 tbsp | 2 tbsp



Wooden Skewers
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.

1



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.

4



Grill veggies

- 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.

2



Prep and make lemon aioli

- Meanwhile, cut **zucchini** lengthwise into ¼-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**, ⅛ **tsp** (¼ **tsp**) **garlic** and ½ **tbsp** (1 **tbsp**) water to a small bowl. Season with **salt** and **pepper**, then stir to combine.

5



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.

3



Marinate and skewer shrimp

Swap | Tilapia Fillets

- 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.

6



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.

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**.**

** Cook shrimp and tilapia to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively.