



Grilled Maple Chicken and Shrimp

with Garlic Wild Rice

Long Weekend Grill

30 Minutes



Chicken Breasts
2 | 4



Shrimp
285 g | 570 g



Wild Rice Medley
½ cup | 1 cup



Maple Syrup
2 tbsp | 4 tbsp



Garlic, cloves
2 | 4



Montreal Spice Blend
1 tbsp | 2 tbsp



Chives
7 g | 14 g



Asparagus
227 g | 454 g



Wooden Skewers
6 | 12



Garlic Spread
2 tbsp | 4 tbsp

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 rice

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to medium (approx. 400°F).

- Peel, then mince or grate **garlic**.
- Stir together **garlic**, **wild rice medley**, **1 cup** (2 cups) **water** and **¼ tsp** (½ tsp) **salt** in a medium pot.
- Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 20-22 min.
- Remove the pot from heat. Set aside, still covered.

2



Prep

- Soak **skewers** in water for at least 5 min.
- Trim and discard **bottom 1 inch** from **asparagus**. Add **asparagus** to a plate. Drizzle with **½ tbsp** (1 tbsp) **oil** and season with **salt** and **pepper**. Toss to coat. Set aside.
- Thinly slice **chives**.
- Drain, rinse, then pat **shrimp** dry with paper towels.
- Drain **skewers**, then thread **shrimp** onto **skewers**. Season with **salt** and **pepper**.
- Place **assembled skewers** on another plate to bring to the grill. Set aside.

3



Prep and grill chicken

- Pat **chicken** dry with paper towels. Add **chicken**, **Montreal Steak Spice** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt**, then toss to coat.
- Add **chicken** to the grill. Close lid and grill, flipping once, until **chicken** is cooked through, 6-8 min per side.**

4



Grillasparagus and shrimp

- When the **chicken** is being flipped, arrange **asparagus** on the other side of the grill. Grill, flipping once, until tender-crisp, 5-7 min.
- Add **shrimp skewers** next to the **chicken**. Close lid and grill for 1-3 min per side, until opaque.**

5



Finish shrimp and chicken

- When **shrimp** are cooked remove from grill to a clean plate. Brush with **garlic spread**. Cover with foil to keep warm.
- When **chicken** is almost done, brush one side with **some maple syrup**, then flip. Grill for 30 sec, then repeat with other side.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **1 tbsp** (2 tbsp) **butter** and **half the chives**. Season with **salt** and **pepper**, to taste.
- Divide **rice**, **chicken**, **shrimp** and **asparagus** between plates.
- Drizzle **any remaining maple syrup** over **chicken**.
- Sprinkle **remaining chives** over top.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook chicken and shrimp to minimum internal temperatures of 74°C/165°F.