



Spicy Cajun-Inspired Shrimp Skewers

with Lemon-Garlic Butter and Jewelled Rice

Family Friendly

Grill

Spicy

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



Basmati Rice
¾ cup | 1 ½ cups



Zucchini
1 | 2



Sweet Bell Pepper
1 | 2



Jalapeño
1 | 2



Lemon
1 | 2



Garlic, cloves
2 | 4



Parsley
7 g | 14 g



Vegetable Broth Concentrate
1 | 2



Cajun Spice Blend
1 tbs | 2 tbs



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.

Pantry items | Salt, pepper, oil, unsalted butter

Cooking utensils | Large bowl, measuring cups, measuring spoons, medium pot, paper towels, small non-stick pan, strainer, zester, paper towels

1



Cook rice

- Before starting, wash and dry all produce. Lightly oil the grill.
- Soak skewers in water for 5 min.
- While you prep, preheat the grill over medium-high heat (approx. 500°F).

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- Heat a medium pot over medium heat.
- Meanwhile, peel, then mince or grate **garlic**.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **half the garlic** to the pot. Cook, stirring often, until fragrant, 2-3 min.
- Add **rice, broth concentrate, 1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

4



Grill veggies

- Add **zucchini, peppers, jalapeños** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Add **veggies** to one side of the grill. Close lid and grill, flipping once, until tender-crisp, 4-6 min.
- Transfer **veggies** to a plate to cool slightly.

2



Prep and make lemon-garlic butter

- Meanwhile, zest **lemon**, then juice half. Cut **remaining lemon** into wedges.
- Roughly chop **parsley**.
- Halve **zucchini** lengthwise.
- Core, then halve **pepper**.
- Core, then halve **jalapeño**. (TIP: We suggest using gloves when prepping jalapeños!)
- Heat a small non-stick pan over medium-low heat. When hot, add **remaining garlic** and **3 tbsp** (6 tbsp) **butter**. Cook, stirring occasionally, until fragrant, 3-5 min.
- Remove the pan from heat, then add **lemon zest, lemon juice** and **half the parsley**. Season with **salt** and **pepper**, then stir to combine.

5



Grill shrimp

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- When **veggies** are almost done, add **shrimp** to the other side of the grill. Close lid and grill **shrimp**, flipping once, until cooked through, 2-3 min per side.**

3



Prep shrimp

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- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **Cajun Spice Blend, salt** and **pepper**.
- Working with one skewer at a time, carefully thread **shrimp** onto skewers.

6



Finish and serve

- Cut **zucchini** into ½-inch half-moons.
- Cut **peppers** into ½-inch pieces.
- Add **rice, grilled veggies** and **1 tbsp** (2 tbsp) **butter** to the same large bowl (from step 4). Season with **salt** and **pepper**, then toss to combine.
- Divide **jewelled rice** and **shrimp skewers** between plates. Sprinkle **remaining parsley** over top.
- Serve **lemon-garlic butter** on the side for dipping.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Cook rice

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If you've opted to get **tilapia**, skip soaking the skewers. Save the skewers for another creation.

3 | Prep tilapia

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Pat **tilapia** dry with paper towels. Season the same way the recipe instructs you to season the **shrimp**. Bring **seasoned tilapia** and another clean plate to the grill.

5 | Grill tilapia

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Cook **tilapia** in the same way the recipe instructs you to cook the **shrimp**.**

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