

HELLO Spicy Cajun-Inspired Shrimp Skewerswith Lemon-Garlic Butter and Jewelled Rice

Family Friendly

Grill

Spicy

35 - 45 Minutes



Tilapia 300 g | 600 g









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









34 cup | 1 1/2 cup



Zucchini



Pepper

1 | 2















Garlic, cloves 2 | 4

Parsley 7 g | 14 g



Vegetable Broth Concentrate



Blend 🚽 1 tbsp | 2 tbsp



Wooden Skewers

6 | 12

Ingredient quantities

Allengens 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 | Large bowl, measuring cups, measuring spoons, medium pot, paper towels, small non-stick pan, strainer, wooden skewers, zester



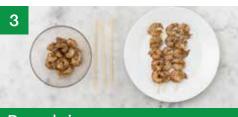
Cook rice

- 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).
- Heat a medium pot over medium heat.
- 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. 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 from heat. Set aside, covered.



Prep and make lemon-garlic butter

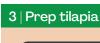
- Meanwhile, zest lemon, then juice half.
 Cut remaining lemon into wedges.
- Roughly chop parsley.
- Halve zucchini lengthwise.
- Core, then halve **pepper**.
- Core, then halve jalapeño. (TIP: Use gloves when prepping jalapeños.)
- Heat a small non-stick pan over medium-low heat.
- When hot, add remaining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



Prep shrimp

O Swap | Tilapia

- 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.



Measurements

within steps

🗘 Swap | Tilapia

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

1 tbsp

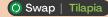
2 person

(2 tbsp)

4 person

oil

5 | Grill tilapia

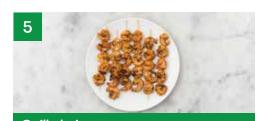


Cook **tilapia** in the same way the recipe instructs you to cook the **shrimp**.**



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.



Grill shrimp

O Swap | Tilapia

 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.**



Finish and serve

- Cut zucchini into ½-inch half-moons.
- Cut all 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.