

# Cajun-Inspired Shrimp Skewers

with Lemon-Garlic Butter and Jewelled Rice

Grill

Spicy

35 Minutes



Shrimp



Basmati Rice



Zucchini



Sweet Bell Pepper



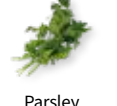
Jalapeño



Lemon



Garlic, cloves



Parsley



Vegetable Broth Concentrate



Cajun Spice Blend



Wooden Skewers

HELLO CAJUN SPICE BLEND

*A savoury spice blend inspired by the flavours of Louisiana!*

## Start here

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

**Measurements within steps**

<b>1 tbsp</b>	<b>(2 tbsp)</b>	<b>oil</b>
2 person	4 person	Ingredient

## Bust out

Measuring spoons, strainer, zester, small non-stick pan, medium pot, large bowl, measuring cups, paper towels

## Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Basmati Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Jalapeño 🌶️	1	2
Lemon	1	2
Garlic, cloves	2	4
Parsley	7 g	14 g
Vegetable Broth Concentrate	2	4
Cajun Spice Blend 🌶️	1 tbsp	2 tbsp
Wooden Skewers	6	12
Unsalted Butter*	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## 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.*

## Contact

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### Cook rice

- 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 concentrates**, **1 ¼ cups** (2 ½ cups) **water** and ⅛ **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.



### 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.



### 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.



### Grill shrimp

- 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.\*\*



### Prep shrimp

- 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.



### 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.

Dinner Solved!