

# Cajun Jumbo Shrimp and Fennel Stew

with Wild Rice Medley and Fresh Salad

Special Plus

Spicy

30 Minutes





Jumbo Shrimp



285 g | 570 g



1 cup | 2 cup













with Garlic and Onion

1 | 2

Corn Kernels







¼ cup | ½ cup

Clementine

1 | 2







28 g | 56 g





White Wine Vinegar 1 tbsp | 2 tbsp



1 tbsp | 2 tbsp

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.



#### Cook rice

- Before starting, wash and dry all produce.
- Stir together broth concentrate, 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, 18-20 min.
- Remove from heat. Set aside, still covered.



### Prep

- Meanwhile, halve **fennel**. Remove and discard the core and outer layer, then cut fennel into ½-inch pieces.
- Zest ¼ tsp (½ tsp) clementine rind, then peel clementine and separate into segments.



#### Start stew

- Heat a large pot over medium heat.
- When hot, add 1 tbsp (2 tbsp) oil, then fennel, half the corn (use all for 4 ppl) and half the Cajun Spice Blend. Cook, stirring often, until veggies begin to soften, 5-6 min. Season with salt and pepper.
- Add crushed **tomatoes**, **red pepper pesto**, 1/4 **tsp** (1/2 tsp) **sugar** and 1/2 **cup** (1 cup) **water**. Cook, stirring occasionally, until **stew** thickens slightly, 2-3 min.



# Make salad dressing

Meanwhile, add vinegar, ½ tsp (1 tsp) clementine zest, ½ tsp (1 tsp) sugar and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then whisk to combine.



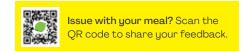
## Cook shrimp

- Using a strainer, drain and rinse shrimp, then
  pat dry with paper towels. On a separate
  cutting board, remove and discard tails.
   Season with salt, pepper and remaining
   Cajun Spice Blend.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then shrimp. Cook, stirring occasionally, until shrimp just turn pink, 3-4 min.\*\*



#### Make salad and serve

- Add spring mix and clementines to the bowl with dressing (from step 4), then toss to combine.
- Divide rice between bowls. Top with stew and shrimp.
- Serve salad alongside.
- Sprinkle **goat cheese** over **salad**.



Measurements

within steps

1 tbsp

(2 tbsp)

oil