



Cajun Jumbo Shrimp and Fennel Stew













with Wild Rice Medley and Fresh Salad

Special Plus

Spicy

30 Minutes



-  Jumbo Shrimp
285 g | 570 g
-  Wild Rice Medley
1 cup | 2 cup
-  Fennel
1 | 2
-  Spring Mix
56 g | 113 g
-  Corn Kernels
56 g | 113 g
-  Crushed Tomatoes with Garlic and Onion
1 | 2
-  Roasted Pepper Pesto
¼ cup | ½ cup
-  Clementine
1 | 2
-  Goat Cheese
28 g | 56 g
-  Chicken Broth Concentrate
1 | 2
-  White Wine Vinegar
1 tbsp | 2 tbsp
-  Cajun Spice Blend
1 tbsp | 2 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.
- Stir together **broth concentrate**, **wild rice medley**, **1 cup** (2 cups) **water** and $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ 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.

2



Prep

- Meanwhile, halve **fennel**. Remove and discard the core and outer layer, then cut fennel into $\frac{1}{2}$ -inch pieces.
- Zest $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **clementine** rind, then peel **clementine** and separate into segments.

3



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**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **sugar** and $\frac{1}{2}$ **cup** (1 cup) **water**. Cook, stirring occasionally, until **stew** thickens slightly, 2-3 min.

4



Make salad dressing

- Meanwhile, add **vinegar**, $\frac{1}{2}$ **tsp** (1 tsp) **clementine zest**, $\frac{1}{2}$ **tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.

5



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 $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min.**

6



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**.

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



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