



Jumbo Shrimp and Bacon Étouffée-Style Stew

with Spinach Rice Pilaf

Special Plus

Spicy

30 Minutes



Jumbo Shrimp
285 g | 570 g



Bacon Strips
100 g | 200 g



Basmati Rice
¾ cup | 1 ½ cups



Baby Spinach
56 g | 113 g



Celery
3 | 6



Green Onion
2 | 4



Hot Pepper
1 | 2



Roasted Pepper
Pesto
¼ cup | ½ cup



All-Purpose Flour
1 tbsp | 2 tbsp



Chicken Broth
Concentrate
2 | 4



Cajun Spice
Blend
1 tbsp | 2 tbsp



Worcesterine
Sauce
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

- Wash and dry all produce.

- Add **half the broth concentrate**, **1 ¼ cups** (2 ½ cups) **water** and **1 tbsp** (2 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**. Reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Core, then cut **hot pepper** into ½ -inch pieces, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping hot peppers!)
- Cut **celery** crosswise into ¼-inch slices.
- Thinly slice **green onions**, keeping white and green parts separate.
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)

3



Cook bacon and prep shrimp

- Heat a large non-stick pan over medium heat.
- When hot, add **bacon**. Cook, flipping occasionally, until crispy, 5-7 min.**
- While **bacon** cooks, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. If desired, remove and discard **shrimp** tails.
- Remove the pan with **bacon** from heat. Using tongs, transfer **bacon** to a paper towel-lined plate. Set aside.

4



Sear shrimp

- Add **shrimp** to a shallow dish. Season with **salt** and **pepper**. Sprinkle **half the flour** over **shrimp**, then toss to coat.
- Discard all but 1 tbsp (2 tbsp) bacon fat from the pan and reheat over medium.
- When hot, add **shrimp**. Cook until golden and **shrimp** just turn pink, 1-3 min per side.**
- Using a slotted spoon, transfer **shrimp** to a plate. Cover to keep warm.

5



Make stew

- Reheat the same pan over medium-low. Add **1 tbsp** (2 tbsp) **butter**, **celery**, **peppers** and **green onion whites**. Cook, stirring often to scrape up any browned bits from the bottom of the pan, until **butter** melts and **veggies** begin to soften, 3-4 min.
- Sprinkle over **Cajun Spice Blend** and **remaining flour**. Stir to coat.
- Add **pesto**, **Worcestershire sauce**, **remaining broth concentrate**, ¼ tsp (½ tsp) **sugar** and ¾ cup (1 cup) **water**. Cook, stirring occasionally, until **sauce** thickens slightly and **veggies** are softened, 2-3 min. (**TIP:** For a thinner sauce consistency, add water, 1-2 tbsp at a time, if desired.)

6



Finish and serve

- Fluff **rice** with fork. Add **spinach**. Stir until wilted, 30 sec.
- Cut or tear **bacon** into ½-inch pieces.
- Add **shrimp** and **half the bacon** to **stew**. Stir to combine.
- Divide **rice** and **stew** between bowls.
- Sprinkle **remaining bacon** and **remaining green onions** over top.

** Cook shrimp and bacon to a minimum internal temperature of 74°C/165°F and 71°C/160°F, respectively, as size may vary.



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