

Jumbo Shrimp and Bacon Étouffée-Style Stew

with Spinach Rice Pilaf

Special Plus

Spicy

30 Minutes







Jumbo Shrimp 285 g | 570 g



100 g | 200 g

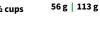


Basmati Rice



Baby Spinach

34 cup | 1 ½ cups







Green Onion 2 | 4



Hot Pepper 🜙



1 | 2

Roasted Pepper Pesto ¼ cup | ½ cup







1 tbsp | 2 tbsp







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.

Cooking utensils | Measuring spoons, shallow dish, slotted spoon, strainer, medium pot, measuring cups, large non-stick pan, paper towels, tongs

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.



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.



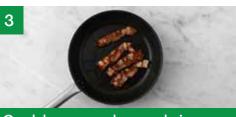
Prep

- 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 1/4-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!)



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.)



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.



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.



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