

Lemon-Basil Shrimp Skewers

with Orzo, Tomato and Avocado Salad

As the cold weather sets in it's all about stews, soups and other hearty meals. With its' bright, summery flavours, this dish may just make you believe it's still summer (almost)!



Prep 30 min



level 1



make me first



Shrimp



0r70



Rasil



Grape Tomatoes



Garlie



Avocado





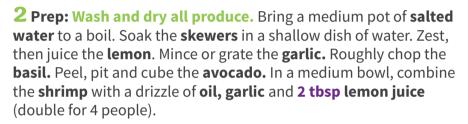


Ingredients		2 People	4 People	*Not Included :=
Shrimp	1)	1 pkg (285 g)	2 pkg (570 g)	.⊑
Orzo	2)	1 pkg (170 g)	2 pkg (340 g)	Allergens 1) Shellfish/Fruits de Mer 2) Wheat/Blé 2, U. 0
Basil		1 pkg (7 g)	2 pkg (14 g)	
Grape Tomatoes		1 pkg (255 g)	2 pkg (510 g)	
Garlic		1 pkg (10 g)	2 pkg (20 g)	
Avocado		1	2	
Lemon		1	2	
Wooden Skewers		4	8	Tools
Olive or Canola Oil*				Shallow Dish, Zester, Medium

Nutrition per person Calories: 646 cal | Fat: 19 g | Protein: 42 g | Carbs: 77 g | Fiber: 9 g | Sodium: 275 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat the broiler to high. (To broil the tomatoes and shrimp.)



Bowl, Measuring Spoon, Baking Sheet, Medium Pot, Large Bowl,

Strainer



- **3 Roast the tomatoes:** Halve the **tomatoes.** Arrange them on a foil-lined baking sheet, cut-side up. Broil in the centre of the oven until they start to turn golden, 9-12 min (TIP: Keep your eye on them so they don't burn!)
- **4 Cook the orzo:** Meanwhile, add the **orzo** to the boiling water and cook until al dente, 9-10 min.



- **5** Make the orzo salad: In a large bowl, toss the avocado with the lemon zest, half the basil, remaining lemon juice and a drizzle of oil.
- **6** Broil the shrimp: Remove the roasted tomatoes from the baking sheet and add to the **bowl.** Thread the **shrimp** onto the **skewers** and place them on the baking sheet. (**TIP:** Or broil them un-skewered to save time!) Broil in the centre of the oven until the shrimp turns pink, 3-4 min.
- **7** Finish and serve: Stir the orzo into the salad. Season with salt and pepper. Serve the shrimp skewers on a bed of orzo salad. Sprinkle with remaining basil. Enjoy!