



DEC
2016

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



Orzo



Basil



Grape Tomatoes



Garlic



Avocado



Lemon



Wooden
Skewers

Ingredients

	2 People	4 People
Shrimp	1) 1 pkg (285 g)	2 pkg (570 g)
Orzo	2) 1 pkg (170 g)	2 pkg (340 g)
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
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Shellfish/Fruits de Mer
- 2) Wheat/Blé

Tools

Shallow Dish, Zester, Medium Bowl, Measuring Spoon, Baking Sheet, Medium Pot, Large Bowl, Strainer

Ruler

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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.

2



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

6



2 Prep: Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Soak the **skewers** in a shallow dish of water. Zest, then juice the **lemon**. Mince or grate the **garlic**. Roughly chop the **basil**. Peel, pit and cube the **avocado**. In a medium bowl, combine the **shrimp** with a drizzle of **oil**, **garlic** and **2 tbsp lemon juice** (double for 4 people).

7



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!

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