



More than Food

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## Garlic-Butter Shrimp

with Tomato, Brown Rice, and Caramelized Veggie Skewers

Sometimes the simplest recipes can become so much more than the sum of their parts. Such is the case with this luscious sauce, made from just tomato, garlic, lemon zest, and butter. Tossed with juicy shrimp, it's a revelation!



40 min



level 1



make me first



gluten free



nut free



Shrimp



Roma Tomato



Brown Rice



Vegetable Stock Concentrate



Garlic



Lemon



Red Bell Pepper



Green Bell Pepper



Shallot



Skewers

## Ingredients

	2 People	4 People
Shrimp	1) 10 oz	20 oz
Roma Tomato	1	2
Brown Rice	½ C	1 C
Vegetable Stock Concentrate	1	2
Garlic	2 cloves	4 cloves
Lemon	1	1
Red Bell Pepper	1	2
Green Bell Pepper	1	2
Shallot	1	2
Skewers	4	8
Butter*	2) 2 T	4 T
Olive Oil*	1 t	2 t

\*Not Included

## Allergens

1) Shellfish

2) Milk

## Tools

Large Pan, Small Pot,  
Baking Sheet, Shallow Dish,  
Zester

**Nutrition per person** Calories: 516 cal | Fat: 17 g | Sat. Fat: 8 g | Protein: 37 g | Carbs: 58 g | Sugar: 9 g | Sodium: 514 mg | Fiber: 8 g

Make sure to wash and dry produce before prepping or cooking!

Ruler

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2

**1 Cook the rice:** Preheat the oven to 400 degrees. Soak the **skewers** in a shallow dish filled with water. Bring **1 ½ cups water** and a large pinch of **salt** to a boil in a small pot. Once boiling, add the **brown rice** to the water, cover, and reduce to a low simmer for 30-35 minutes, until tender.



3

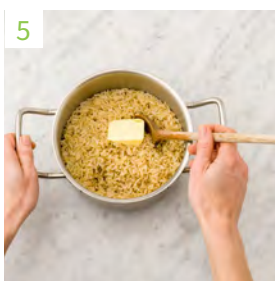
**2 Prep the veggie skewers:** Core, seed, and remove the white ribs from the **bell peppers**, then cut into 1-inch cubes. Halve the **shallot** through the root. Peel and thinly slice the **shallot** into ½-inch wedges. Thread the **bell pepper** and **shallot** onto the **skewers**, alternating between each. Place onto a baking sheet and drizzle with **olive oil** on all sides. Season with **salt** and **pepper**. Place in the oven for 25-30 minutes, until caramelized and soft.

**3** Core and dice the **tomato**. Zest and cut the **lemon** into wedges. Thinly slice the **garlic**.



4

**4 Cook the shrimp:** With 5-7 minutes left on the skewers, heat **1 Tablespoon butter** in a large pan over medium-high heat. Add the **garlic** to the pan and cook, tossing, for 1-2 minutes, until soft and fragrant. Add the **tomato** to the pan and cook, tossing, for 3-4 minutes, until soft and broken down. Add the **shrimp, stock concentrate**, and **1/3 cup water** to the pan and cook, tossing, for 1-2 minutes, until the shrimp are opaque and the sauce has thickened. Season with **salt, pepper**, and pinch of **lemon zest**. Squeeze a few **lemon wedges** over the pan, to taste.



5

**5 Finish and plate:** Stir **1 Tablespoon butter** into the **brown rice** and season with **salt** and **pepper**. Plate the **rice**, then top with the **shrimp** and **sauce**. Serve with the **veggie skewers** and a wedge of **lemon**. Enjoy!