



POACHED CAJUN SHRIMP & GARLIC LEMON RICE

with Bell Pepper, Hot Sauce Crema & Crispy Fried Onions

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Tomato



2 Clove(s) | 4 Clove(s)
Garlic



¼ oz | ½ oz
Parsley



1 | 2
Lemon



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Hot Sauce



10 oz | 20 oz
Shrimp
Contains: Shellfish



1 TBSP | 2 TBSP
Cajun Spice Blend



¾ Cup(s) | 1½ Cup(s)
Jasmine Rice



1 | 2
Green Bell Pepper



1 | 2
Chicken Stock
Concentrate



1 | 2
Crispy Fried Onions
Contains: Wheat



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HELLO

CAJUN SPICE BLEND

Bold herbs and spices bring the bayou right to your kitchen!



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 830



HELLO FRESH

BUST OUT

- Small pot
 - Medium pot
 - Baking sheet
 - Small bowl
 - Medium bowl
 - Zester
 - Slotted spoon
 - Paper towels
 - Kosher Salt
 - Cooking Oil
 - Butter
- Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve, core, and thinly slice **bell pepper** into strips. Cut **tomato** into ½-inch-thick wedges. Peel and mince or grate **garlic**. Finely chop **parsley**. Zest and quarter **lemon**.



2 ROAST VEGGIES

- Toss **bell pepper** and **tomato** on a baking sheet with a **drizzle of oil**, **½ tsp Cajun Spice Blend** (1 tsp for 4 servings), and **salt**. (You'll use the rest of the **Cajun Spice Blend** in Step 4.)
- Roast on top rack until bell pepper is tender and tomato is lightly browned, 15-20 minutes.



3 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic**; Cook, stirring, until fragrant, 30 seconds.
- Stir in **rice**, **1¼ cups water** (2¼ cups for 4 servings), and a **big pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 MAKE POACHING LIQUID

- While rice cooks, reserve **½ tsp Cajun Spice Blend** in a medium bowl.
- In a medium pot, combine **2½ cups water**, **stock concentrate**, **half the parsley**, remaining **Cajun Spice Blend**, **3 TBSP butter**, **juice from half the lemon**, and a **big pinch of salt** (5 cups water and 6 TBSP butter for 4 servings). **TIP: For extra-lemony flavor, add the squeezed wedges to the poaching liquid, discarding any seeds first.**
- Bring to a boil, then reduce to a simmer. Cook until slightly reduced, 5-7 minutes.



5 MAKE CREMA

- Meanwhile, in a small bowl, combine **sour cream** and as much **hot sauce** as you like. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



6 POACH SHRIMP

- Rinse **shrimp*** under cold water and pat dry with paper towels.
- Once poaching liquid has simmered 5-7 minutes, add shrimp to pot. Cook, stirring occasionally, until shrimp are opaque and cooked through, 3-4 minutes.
- Using a slotted spoon, remove shrimp from pot and transfer to bowl with **reserved Cajun Spice Blend**. Add **1 TBSP poaching liquid** (2 TBSP for 4 servings). Toss to coat.



7 FINISH & SERVE

- Fluff **rice** with a fork. Stir in **1 TBSP butter** (2 TBSP for 4 servings) and **lemon zest** to taste.
- Divide rice between bowls. Top with **shrimp**, **veggies**, and **crispy onions** in separate sections. Drizzle with **crema**. Garnish with **remaining parsley**. Serve with **remaining lemon wedges** on the side.

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*Shellfish is fully cooked when internal temperature reaches 145°.