



Garlicky Shrimp Scampi with Lemon Rice Pilaf

Family Friendly

35 Minutes



Shrimp



Basmati Rice



Lemon



Garlic, cloves



Parsley



Green Peas



Sweet Bell Pepper



Chicken Broth Concentrate



Yellow Onion



Italian Seasoning



Roma Tomato

HELLO SWEET PEPPERS

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, zester, medium pot, small pot, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Basmati Rice	¾ cup	1 ½ cups
Lemon	1	1
Garlic, cloves	3	6
Parsley	7 g	7 g
Green Peas	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Chicken Broth Concentrate	2	4
Yellow Onion	56 g	113 g
Italian Seasoning	1 tbsp	2 tbsp
Roma Tomato	80 g	160 g
Unsalted Butter*	1 ½ tbsp	3 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.

Contact

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Prep

Roughly chop **parsley**. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Core, then cut **pepper** into ½-inch pieces. Cut **tomato** into ¼-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Peel, then mince or grate **garlic**. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.



Make garlic butter

While **shrimp and peppers** broil, heat a small pot over medium-low heat. When hot, add **1 ½ tbsp butter** (dbl for 4 ppl), **remaining Italian Seasoning** and **remaining garlic**. Cook, stirring often, until **butter** is melted and **garlic** is fragrant, 2-3 min. Remove the pot from heat. Transfer **garlic butter** to a medium bowl. Set aside.



Start pilaf

Heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until softened, 2-3 min. Add **rice**. Cook, stirring often, until fragrant, 1 min. Add **1 ¼ cups water** (dbl for 4 ppl), **peas** and **broth concentrates**. Cover and bring to a boil. Once boiling, reduce heat to low. Cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Finish pilaf

Fluff **rice** with a fork, then add **tomatoes**, **lemon juice** and **half the parsley**. Season with **salt** and **pepper**, then stir to combine.



Broil shrimp and peppers

While **rice** cooks, add **shrimp**, **peppers**, **lemon zest**, **half the garlic**, **half the Italian Seasoning** and **½ tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine. Broil in the **middle** of the oven until **shrimp** just turn pink, 5-6 min. **



Finish and serve

Add **shrimp and peppers** to the bowl with **garlic butter**. Stir to coat. Divide **rice pilaf** between plates, then top with **shrimp and peppers** and any **remaining garlic butter** from the bowl. Sprinkle with **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!