



SEP
2016

Sri Lankan Shrimp Pilaf

with Beet and Herb Slaw

Sri Lanka - they call it the pearl of India - because it really is that beautiful. Seafood is one of its main treasures and we've added gorgeous beets, because they're in season and they add a beautiful hue to the dish!



Prep
30 min



level 1



dairy
free



spicy



make me
first



Shrimp



Garlic



Zucchini



Vegetable Broth
Concentrate



Sri Lankan Spice



Beet



Basmati Rice



Lemon



Parsley

Ingredients

	2 People	4 People	
Shrimp	1) 1 pkg (285 g)	2 pkg (570 g)	
Garlic	2 cloves	4 cloves	
Zucchini	1	2	
Vegetable Broth Concentrate	1 pkg	2 pkg	
Sri Lankan Spice Blend 	2) 1 pkg (2 tsp)	4 tsp (4 tsp)	
Basmati Rice	1 pkg (¾ cup)	2 pkg (1½ cups)	
Lemon	1	1	
Parsley	1 pkg (7 g)	1 pkg (7 g)	
Beet	1	2	
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Shellfish/Fruits de mer
- 2) Soy/Soja

Tools

Large Pot, Grater, Medium, Bowl, Measuring Cups

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 499 cal | Fat: 8 g | Protein: 37 g | Carbs: 69 g | Fiber: 3 g | Sodium: 801 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



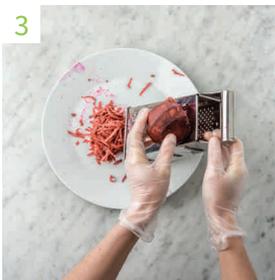
1 Prep: Wash and dry all produce. Mince or grate the **garlic**. Chop the **zucchini** into ½-inch pieces. Zest, then juice the **lemon**. Roughly chop the **parsley**.

2



2 Cook the rice: Heat a large pot over medium heat. Add a drizzle of **oil**, then the **rice, garlic** and as much **Sri Lankan spice** as you like (careful, it's spicy!) Cook, stirring, until the rice is coated, about 1 min. Stir in **1½ cups water** (double for 4 people) and **broth concentrate(s)**. Bring to a boil, then reduce the heat to low. Cover and cook until most of the water has been absorbed, 9-10 min.

3



3 Make the slaw: Meanwhile, peel, then coarsely grate the **beet(s)** into a medium bowl. (**TIP:** If you have disposable plastic gloves, wear them to prevent your hands from turning pink!) Add the **lemon zest, half the parsley** and a drizzle of oil into the beets. Add some **lemon juice**, to taste.

4



4 Finish the pilaf: Stir the **shrimp** and **zucchini** into the rice (**TIP:** make sure the shrimp is submerged in the rice, otherwise it may not cook through!) and return to the stove to cook until rice is tender and shrimp turns pink, 1-2 more min. Stir in the **remaining parsley** and some lemon juice, to taste.

5 Finish and serve: Serve the **pilaf** divided between bowls and top with some of the **zesty slaw!** Enjoy!

DID YOU KNOW? Pilaf is traditionally a Middle Eastern dish consisting of sautéed rice, steamed in broth with the addition of poultry, meat or shellfish.

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