In the Lowcountry region (the coastal areas of the Carolinas and Georgia), perloo is a beloved rice dish often made with the region’s plentiful shellfish. Similar to jambalaya, perloo starts with a flavorful base of rice simmered with tomato, bell pepper, celery, garlic and onion. We’re making ours with hearty, absorbent bomba rice—a Spanish variety traditionally used for paella—and cooking it risotto-style before stirring in the shrimp right at the end. The heat of the perloo will cook the shrimp, even without a flame, for the perfect, crisp texture. Enjoy, chefs!

**One-Pot Shrimp Perloo**

Ingredients

- 10 Ounces Shrimp
- 1 Cup Bomba Rice
- 1 15-Ounce Can Diced Tomatoes
- 3 Cloves Garlic
- 2 Scallions
- 1 Stalk Celery
- 1 Green Bell Pepper
- 1 Lemon
- 1 Yellow Onion
- 1 Bunch Parsley

**Knick Knacks**

1 ½ Tablespoons Cajun Spice Blend
(Smoked Sweet Paprika, Mustard Powder, Onion Powder, Ground Cayenne Pepper, Garlic Powder, Dried Oregano & Dried Thyme)

Makes 2 Servings
About 665 Calories Per Serving
Prep Time: 15 min | Cook Time: 25 to 35 min
Prepare the ingredients:
Wash and dry the fresh produce. Peel and mince the garlic. Halve the celery lengthwise; slice crosswise into ½-inch-thick pieces. Cut out and discard the stem, ribs and seeds of the bell pepper; medium dice. Peel and small dice the onion. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Quarter and deseed the lemon. Finely chop the parsley leaves and stems.

Add the rice:
Add the rice and ¾ of the spice blend to the pot; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until toasted and fragrant.

Add the tomatoes & water:
Add the diced tomatoes and 3½ cups of water to the pot; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-low. Simmer, stirring occasionally, 14 to 18 minutes, or until the rice is tender and the mixture has thickened. (If the mixture seems dry, add up to ¼ cup of water to achieve your desired consistency.) Remove from heat.

Add the shrimp & finish the perloo:
While the perloo simmers, pat the shrimp dry with paper towels and place in a bowl; season with salt, pepper and the remaining spice blend. Toss to thoroughly coat. Off the heat, add the seasoned shrimp, half the parsley and the juice of all 4 lemon wedges to the pot; stir to thoroughly combine. Let stand 2 to 3 minutes, or until the shrimp are opaque and cooked through. Season with salt and pepper to taste.

Serve your dish:
Divide the finished perloo between 2 dishes. Garnish with the green tops of the scallions and remaining parsley. Enjoy!

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