

Calabrian Shrimp & Orzo

with Zucchini

2 SERVINGS








15-25 MINS

 **Blue Apron**
blueapron.com



This quick and easy dish highlights tender orzo pasta and plump shrimp, which get vibrant depth of flavor (and the perfect amount of mild heat) from a coating of hot Calabrian chile paste.

Ingredients

-  10 oz Tail-On Shrimp*
-  4 oz Orzo Pasta
-  2 cloves Garlic
-  1 Zucchini
-  1 Lemon
-  1 ½ tps Calabrian Chile Paste
-  2 Tbsps Crème Fraîche
-  1 Tbsp Capers
-  ¼ cup Grated Parmesan Cheese

*peeled & deveined

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
blueapron.com/wine

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Quarter and deseed the **lemon**.
- Peel and roughly chop **2 cloves of garlic**.
- Pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl. Add the **chopped garlic**, **capers**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with $\frac{1}{2}$ **teaspoon of olive oil** and season with salt and pepper. Stir to combine.



2 Cook the pasta

- Add the **pasta** to the pot of boiling water and cook, uncovered, 7 to 9 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



3 Cook the zucchini

- Meanwhile, in a large pan (nonstick, if you have one), heat $\frac{1}{2}$ **teaspoon of olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Using a spoon, move the zucchini to one side of the pan.



4 Add the shrimp

- Add the **prepared shrimp** in an even layer to the other side of the pan. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.
- Continue to cook, stirring frequently, 1 to 2 minutes, or until the shrimp are opaque and cooked through. Turn off the heat.



5 Finish & serve your dish

- To the pot of **cooked pasta**, add the **cooked shrimp and zucchini**, **crème fraîche**, and the **juice of 2 lemon wedges**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished shrimp and pasta** garnished with the **cheese** and **remaining lemon wedges**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 480, Total Carbohydrates: 52g, Dietary Fiber: 5g, Added Sugars: 0g, Total Fat: 15g, Saturated Fat: 7g, Protein: 35g, Sodium: 1350mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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