

Indian Shrimp & Mustard Seed Rice

with Roasted Vegetables & Toasted Garlic Naan

INGREDIENT IN FOCUS

Naan is a leavened Indian flatbread traditionally cooked in a tandoor (a cylindrical clay or metal oven) over high heat, resulting in its signature rippled, blistered surface.

TECHNIQUE TO HIGHLIGHT

Quickly combining butter and garlic in a hot pan allows the butter to melt and the garlic to soften slightly, releasing its aromatic flavor into the butter—perfect for brushing onto the warm, toasty naan.



PREMIUM

2 SERVINGS

⌚ 40-50 MINS



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

Ingredients

- | | | |
|--|---|---|
|  10 oz Tail-On Shrimp ¹ |  2 cloves Garlic |  ½ cup Tzatziki ² |
|  ½ cup Long Grain White Rice |  1 Shallot |  2 Tbsps Butter |
|  2 pieces Naan Bread |  3 Tbsps Roasted Cashews |  1 ½ tsps Brown & Yellow Mustard Seeds |
|  1 Delicata Squash |  2 Tbsps Savory Tomato Chutney |  2 tsps Vadouvan Curry Powder |
|  3 oz Baby Spinach |  2 Tbsps Crème Fraîche | |
|  3 oz Shishito Peppers |  ¼ cup Cilantro Sauce | |

1. peeled & deveined

2. cucumber-yogurt sauce

1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into 1/2-inch-thick pieces.
- Peel and roughly chop **2 cloves of garlic**.
- Peel and thinly slice the **shallot**.
- Roughly chop the **cashews**.
- Cut off and discard the stems of the **peppers**; halve crosswise. Place in a medium bowl; drizzle with **olive oil** and season with salt and pepper. Toss to coat. Thoroughly wash your hands, knife, and cutting board immediately after handling.



2 Roast the vegetables

- Place the **squash pieces** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 11 minutes. Leaving the oven on, remove from the oven.
- Carefully add the **seasoned peppers** to the other side of the sheet pan and arrange in an even layer.
- Return to the oven and roast 8 to 10 minutes, or until the vegetables are browned and tender when pierced with a fork. Remove from the oven.



3 Make the mustard seed rice

- Meanwhile, in a medium pot, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **mustard seeds**. Cook, stirring frequently, 30 seconds to 1 minute, or until lightly toasted (be careful, as the mustard seeds may pop as they toast).
- Add the **rice, a pinch of salt, and 1 cup of water** (carefully, as the liquid may splatter). Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



4 Make the garlic naan

- Meanwhile, line a separate sheet pan with foil. Place the **naan** on the foil.
- In a medium pan (nonstick, if you have one), heat the **butter** on medium-high until melted.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened. Turn off the heat.
- Evenly spread or brush the **garlic butter** onto the naan; season with salt and pepper.
- Toast in the oven 4 to 6 minutes, or until lightly browned and heated through.
- Transfer to a cutting board; cut into equal-sized wedges.



5 Cook the shrimp

- Meanwhile, pat the **shrimp** dry with paper towels. Place in a bowl; add enough of the **curry powder** to coat (you may have extra). Stir to coat.
- In the same pan, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Transfer to a plate. Rinse and wipe out the pan.



6 Finish the shrimp & serve your dish

- In the same pan, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **spinach and sliced shallot**. Cook, stirring frequently, 1 to 2 minutes, or until the spinach is wilted.
- Add the **tomato chutney** and **1/4 cup of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat; stir in the **cooked shrimp and crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- Serve the **finished shrimp** with the **mustard seed rice, garlic naan, and roasted vegetables**. Garnish the vegetables with the **chopped cashews**. Serve the **tzatziki and cilantro sauce** on the side. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 1190, Total Carbohydrates: 132g, Dietary Fiber: 10g, Added Sugars: 1g, Total Fat: 56g, Saturated Fat: 19g, Protein: 47g, Sodium: 2260mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



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

Blue Apron, LLC
New York, NY 10005

 **Blue Apron**
blueapron.com