

# Za'atar White Bean & Rice Bowls

with Asparagus, Bell Pepper & Marinated Feta

2 SERVINGS

30-40 MINS

 **Blue Apron**  
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.\*

## Ingredients



½ cup Red Rice Blend



2 cloves Garlic



1 oz Sliced Roasted Red Peppers



1 tsp Whole Dried Oregano



1 15.5-oz can Cannellini Beans



6 oz Asparagus



1 oz Pitted Niçoise Olives



1 Tbsp Za'atar Seasoning<sup>1</sup>



1 Red, Yellow, or Orange Bell Pepper



1 Lemon



1 ½ oz Feta Cheese



10 oz Tail-On Shrimp<sup>2</sup> 



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



13 9 9

SmartPoints® value per serving (as packaged)



6 44216 08205 6

Scan this barcode in your WW app to track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your SmartPoints may differ from what's above.

To learn more about WW and SmartPoints visit [www.ww.com](https://www.ww.com). The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper 2. Peeled & deveined  
\*Ingredients may be replaced and quantities may vary.

**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

### 1 Cook the rice

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **rice**. Cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



### 2 Prepare the ingredients & marinate the feta

- Meanwhile, wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Drain and rinse the **beans**.
- Cut off and discard the stem of the **bell pepper**. Quarter lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut crosswise into 1-inch pieces (keeping the pointed tips intact).
- Roughly chop the **olives**.
- Roughly chop the **roasted peppers**.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **cheese** (crumbling before adding), **chopped olives**, **chopped roasted peppers**, **oregano**, **the juice of 2 lemon wedges**, and **1 tablespoon of olive oil**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.



### 3 Cook the beans

- Meanwhile, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **drained beans**; season with salt, pepper, and **half the za'atar** (you will have extra). Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Turn off the heat; stir in **the juice of the remaining lemon wedges** and **1 tablespoon of olive oil**. Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Rinse and wipe out the pan.



### 4 Cook the vegetables

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced bell pepper** and **asparagus pieces** in an even layer. Cook, without stirring, 1 to 2 minutes, or until lightly browned; season with salt and pepper.
- Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned and softened. Turn off the heat.



#### ↺ CUSTOMIZED STEP 4 *If you chose Shrimp*

- Cook the vegetables as directed, but transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.
- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Season with salt and pepper.
- In the same pan, heat **2 teaspoons 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. Turn off the heat.

### 5 Finish the rice & serve your dish

- To the pot of **cooked rice**, add the **cooked vegetables** and a drizzle of **olive oil**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked beans** and **marinated feta** (including any liquid). Enjoy!



#### ↺ CUSTOMIZED STEP 5 *If you chose Shrimp*

- Finish the rice and serve your dish as directed, adding the **cooked shrimp** before the beans and feta.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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