

Garlic Shrimp & Pesto Barley

with Corn & Tomatoes

2 SERVINGS

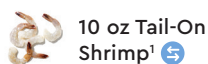
⌚ 30-40 MINS


 **Blue Apron**
blueapron.com



Ingredients

Customized ingredients



10 oz Tail-On Shrimp¹ 

SWAPPED FOR:



10 oz Chopped Chicken Breast 



1 Tbsp Weeknight Hero Spice Blend²



¼ tsp Crushed Red Pepper Flakes



2 ears of Corn



2 cloves Garlic



½ cup Pearled Barley



⅓ cup Basil Pesto



4 oz Grape Tomatoes



1 bunch Chives



1 Tbsp Red Wine Vinegar

Barley is an ancient grain and superfood that supports heart health.

1. peeled & deveined 2. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



15 10 6

SmartPoints® value per serving (as packaged)

If you customized this recipe, your SmartPoints may differ.



Scan these barcodes 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.

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BLUE APRON
x
Chef
Sam Kass

We've partnered with public health advocate and chef Sam Kass to bring you recipes that showcase just how easy (and delicious) balanced eating can be. This vibrant dish features hearty barley studded with corn, tomatoes, and plump, juicy shrimp—sautéed with a bit of garlic for a kick of flavor.



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

1 Cook the barley

- 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 **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Halve the **tomatoes**.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **chives**.



3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **corn kernels** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned (be careful, as the corn may pop as it cooks).
- Add the **halved tomatoes** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the vegetables are softened and the liquid has cooked off.
- Transfer to a bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Cook the shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Place in a bowl; season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Stir to coat.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned shrimp** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.
- Add the **chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until the shrimp are opaque and cooked through.
- Turn off the heat.



↩ CUSTOMIZED STEP 4 *If you chose Chicken*

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Stir to coat.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic**. Cook, stirring occasionally, 3 to 4 minutes, or until the chicken is browned and cooked through.
- Turn off the heat.

5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **pesto** and **cooked vegetables**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **cooked shrimp**. Garnish with the **sliced chives**. Enjoy!



↩ CUSTOMIZED STEP 5 *If you chose Chicken*

- Finish the barley and serve your dish as directed with the **cooked chicken** (instead of shrimp).