

#### **Ingredients**



10 oz Tail-On Shrimp<sup>1</sup> or 20 oz for 4 servings



3 cloves Garlic



2 Tbsps Vegetable Demi-Glace



¼ cup Panko **Breadcrumbs** 



½ cup Long Grain White Rice or 1 cup for 4 servings



1 Jalapeño Pepper



1 Tbsp Soy Sauce or 2 Tbsps for 4 servings



1 Tbsp Light Brown Sugar



1/2 lb Broccoli or 1 lb for 4 servings



1 Lime



2 Tbsps Vegetarian Worcestershire Sauce



1/4 tsp Crushed Red Pepper Flakes



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

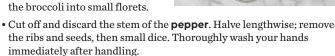
## Cook along on the app

The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

<sup>\*</sup>Ingredients may be replaced and quantities may vary.

# 1 Prepare the ingredients

- Wash and dry the fresh produce.
- Peel and finely chop 3 cloves of garlic.
- · Using a zester or the small side of a box grater, zest the lime to get 2 teaspoons. Quarter the lime.
- Cut off and discard the bottom 1/2 inch of the broccoli stem; cut





- In a small pot or a medium pot if you're cooking 4 servings, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the diced pepper and 1/3 of the chopped garlic; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly



- Add the sugar, worcestershire sauce, and 2 tablespoons of water (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until the pepper is softened and the sugar has dissolved.
- Turn off the heat; stir in the lime zest and the juice of 2 lime wedges.
- Transfer to a bowl.
- Rinse and wipe out the pot.

# 3 Cook the rice

- In the same pot, combine the rice, a big pinch of salt, and 1 cup of water or 2 cups of water if you're cooking 4 servings. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 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 Toast the breadcrumbs

- Meanwhile, in a large pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot.
- Add the breadcrumbs; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until lightly browned.
- · Transfer to a plate.
- · Wipe out the pan.



#### 5 Cook the broccoli

- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the broccoli florets in an even layer; season with salt and pepper. Cook, without stirring, 4 to 5 minutes, or until lightly browned and slightly softened.



- Add the demi-glace and 1/3 cup of water (carefully, as the liquid may splatter). Loosely cover the pan with foil. Cook, stirring occasionally, 4 to 5 minutes, or until the broccoli is softened and the liquid has cooked off.
- Transfer to a large bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.

# 6 Cook the shrimp & serve your dish

- Pat the shrimp dry with paper towels (remove the tails, if desired).
- In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- Add the prepared shrimp in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.



- Add the soy sauce and remaining chopped garlic. Cook, stirring frequently, 1 to 2 minutes, or until the shrimp are coated, opaque, and cooked through. Turn off the heat.
- Serve the cooked shrimp with the cooked rice and cooked broccoli. Garnish the broccoli with the toasted breadcrumbs. Serve the sauce and remaining lime wedges on the side. Enjoy!

