

Cajun Shrimp & Zucchini Bake

with Remoulade & Pepper Rice

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
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Ingredients



10 oz Tail-On Shrimp¹



2 cloves Garlic



¼ cup Panko Breadcrumbs



2 Tbsps Sweet Pickle Relish



½ cup Long Grain White Rice



1 Lemon



2 Tbsps Mayonnaise



1 Tbsp Hot Sauce



1 Zucchini



4 oz Sweet Peppers



¼ cup Sour Cream



1 Tbsp Cajun Spice Blend²



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¹ peeled & deveined ² Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper



"Alexa, find Blue Apron recipes."

1 Make the pepper rice

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**; remove the cores, then medium dice.
- In a medium pot, combine the **rice**, **diced peppers**, a **big pinch of salt**, and **1 cup of water**; stir to combine. 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.



2 Prepare & start the zucchini

- Meanwhile, large dice the **zucchini**.
- Transfer to a medium baking dish. Drizzle with **1 tablespoon of olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Bake 9 to 11 minutes, or until slightly tender when pierced with a fork.
- Leaving the oven on, remove from the oven.



3 Make the breadcrumb topping

- Meanwhile, peel and roughly chop **2 cloves of garlic**. Place in a medium bowl.
- Add the **breadcrumbs**, **mayonnaise**, **half the spice blend**, and **1 tablespoon of olive oil**; season with salt and pepper. Stir to combine.



4 Bake the shrimp & zucchini

- Pat the **shrimp** dry with paper towels (remove the tails, if desired).
- Place in a bowl; drizzle with **olive oil** and season with salt, pepper, and the **remaining spice blend**. Toss to coat.
- Carefully place the **seasoned shrimp** in an even layer on top of the **partially baked zucchini**. Evenly sprinkle the **breadcrumb topping** over the shrimp and zucchini.
- Bake 9 to 11 minutes, or until the breadcrumbs are toasted and the shrimp are opaque and cooked through.
- Remove from the oven and let stand at least 2 minutes.



5 Make the remoulade & serve your dish

- Meanwhile, quarter and deseed the **lemon**.
- In a bowl, combine the **sour cream**, **hot sauce**, **pickle relish**, and the **juice of 2 lemon wedges**. If necessary, gradually add **up to 1 tablespoon of water** to reach your desired consistency. Season with salt and pepper.
- Serve the **pepper rice** topped with the **baked shrimp and zucchini** and **remoulade**. Serve the **remaining lemon wedges** on the side. Enjoy!

