

Cajun Shrimp

with Zucchini Rice & Creamy Dressing

4 SERVINGS

⌚ 20-30 MINS

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Ingredients

Customized ingredients

 18 oz Tail-On Shrimp¹ 

SWAPPED FOR:

 4 Flank Steaks 

 1 bunch Chives

 1 Tbsp Cajun Spice Blend²

 1 cup Long Grain White Rice

 1 Poblano Pepper

 1 Tbsp Apple Cider Vinegar

 2 Zucchini

 2 cloves Garlic

 ½ cup Plain Nonfat Greek Yogurt

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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
*Ingredients may be replaced and quantities may vary.

1 Cook the rice

- In a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. 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 the ingredients

- Meanwhile, wash and dry the fresh produce.
- Medium dice the **zucchini**.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **chives**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands immediately after handling.



3 Cook the vegetables & finish the rice

- In a large pan (nonstick, if you have one), heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the **diced zucchini** and **diced pepper** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned; season with salt and pepper. Continue to cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.



4 Make the creamy dressing

- Meanwhile, in a bowl, combine the **yogurt**, **vinegar**, and **2 teaspoons of olive oil**. Taste, then season with salt and pepper if desired.



5 Cook the shrimp & serve your dish

- Pat the **shrimp** dry with paper towels and place in a bowl; season with salt, pepper, and the **spice blend**. Toss to thoroughly coat.
- In the same pan, heat **2 tablespoons 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. Continue to cook, stirring frequently, 1 to 2 minutes, or until opaque and cooked through. Turn off the heat.
- Serve the **finished rice** topped with the **cooked shrimp** and **creamy dressing**. Garnish with the **sliced chives**. Enjoy!



↔ CUSTOMIZED STEP 5 *If you chose Steaks*

- Pat the **steaks** dry with paper towels. Season on both sides with salt, pepper, and the **spice blend**.
- In the same pan, heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the **seasoned steaks**. Cook 3 to 5 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board; let rest at least 5 minutes. Once rested, find the lines of muscle (or grain); slice crosswise against the grain.
- Serve the **finished rice** topped with the **sliced steaks** and **creamy dressing**. Garnish with the **sliced chives**. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

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Food safety handling information: 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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