

Cajun-Spiced Shrimp & Zucchini Bake

with Remoulade & Pepper Rice

4 SERVINGS | 20-30 MINS

 **Blue Apron**
blueapron.com



Ingredients



18 oz Tail-On Shrimp¹



2 Zucchini



1 Lemon



2 Tbsps Sweet Pickle Relish



1 cup Long Grain White Rice



½ lb Sweet Peppers



¼ cup Sour Cream



1 Tbsp Cajun Spice Blend²



1 ¼ cups Panko Breadcrumbs



2 cloves Garlic



1 Tbsp Hot Sauce



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



10 - 11 PersonalPoints[™]
range per serving

Now your Points value is personalized to YOU! It could be between 10-11 Points. Scan the barcode to see yours!



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

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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

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COOK ALONG WITH



"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.
- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a medium pot, combine the **rice, diced peppers, a big pinch of salt, and 2 cups 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 large 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, half the spice blend, and 2 tablespoons 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.



5 Make the remoulade & serve your dish

- Meanwhile, quarter and deseed the **lemon**.
- In a bowl, combine the **sour cream, hot sauce, pickle relish, the juice of 2 lemon wedges, and 1 tablespoon of water**. 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!

