

# Cajun Shrimp & Zucchini Bake

with Remoulade & Pepper Rice

2 OR 4 SERVINGS

⌚ 20-30 MINS

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## Ingredients



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



4 oz Sweet Peppers  
or ½ lb for  
4 servings



¾ cup Sour Cream



¾ cup Panko  
Breadcrumbs or  
1 ¾ cups for  
4 servings



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



2 cloves Garlic



2 Tbsps Sweet Pickle  
Relish



1 Tbsp Cajun Spice  
Blend<sup>2</sup>



1 Zucchini or  
2 for 4 servings



1 Lemon



1 Tbsp Hot Sauce



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



COOK ALONG WITH



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### 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 1 cup of water or 2 cups of water if you're cooking 4 servings**; 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 or a large baking dish if you're cooking 4 servings. Drizzle with **1 tablespoon of olive oil** and season with salt and pepper. Toss to coat and 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 1 tablespoon of olive oil or 2 tablespoons of olive oil if you're cooking 4 servings**; 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!

