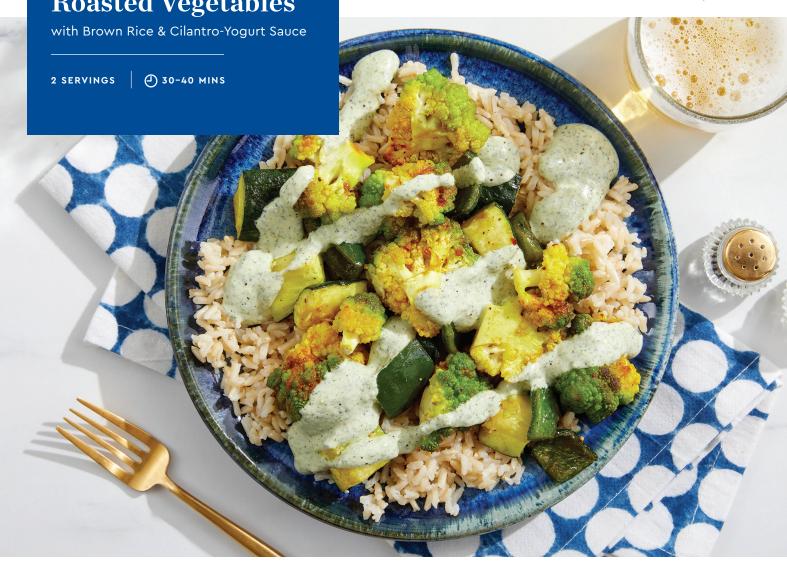




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at blueapron.com for ingredients (denoted with an 🖨 icon) and instructions tailored to you.*

F YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or

Ingredients

Customized ingredients

ADDED:



10 oz Tail-On Shrimp¹



½ cup Plain Nonfat **Greek Yogurt**



2 tsps Vadouvan **Curry Powder**



½ cup Brown Rice



1 Poblano Pepper



3 Tbsps Sweet Chili Sauce



1 head Romanesco Cauliflower



1 Zucchini



1/4 cup Cilantro Sauce



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





PersonalPoints range per serving

Now your Points value is personalized to YOU! It could be between 3-10 Points. Scan the barcode to see yours!



Scan this barcode

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.

If you customized this recipe, your PersonalPoints may differ from what's above.

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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Personal Points? Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- · Cut out and discard the core of the cauliflower; cut into small
- Quarter the zucchini lengthwise; cut crosswise into 1-inch pieces.
- · 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.
- In a bowl, whisk together the yogurt and cilantro sauce; season with salt and pepper.

2 Roast the vegetables

- Line a sheet pan with foil.
- Place the cauliflower florets on the foil. Drizzle with olive oil and season with salt, pepper, and the **curry powder**; toss to coat. Arrange in an even layer on one side of the sheet pan.
- · Roast 14 minutes. Leaving the oven on, remove from the oven.



- Meanwhile, combine the zucchini pieces and diced pepper in a large bowl. Drizzle with **olive oil** and season with salt and pepper; stir to coat.
- Reserving the bowl, carefully add the seasoned zucchini and pepper in an even layer to the other side of the sheet pan.
- Return to the oven and roast 10 to 12 minutes, or until the vegetables are browned and tender when pierced with a fork.
- Remove from the oven.

3 Cook the rice

- Meanwhile, in a medium pot, combine the rice, a big pinch of salt, and 1 cup of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 35 minutes, or until the water has been absorbed and the rice is tender.





ADDITIONAL STEP If you chose Shrimp

- Meanwhile, pat the **shrimp** dry with paper towels (remove the tails, if desired). Season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through. Turn off the heat.

4 Finish the vegetables & serve your dish

- Carefully transfer the roasted vegetables to the reserved bowl.
- Add the sweet chili sauce; stir to coat. Taste, then season with salt and pepper if desired.
- Serve the cooked rice topped with the finished vegetables and cilantro-yogurt sauce. Enjoy!



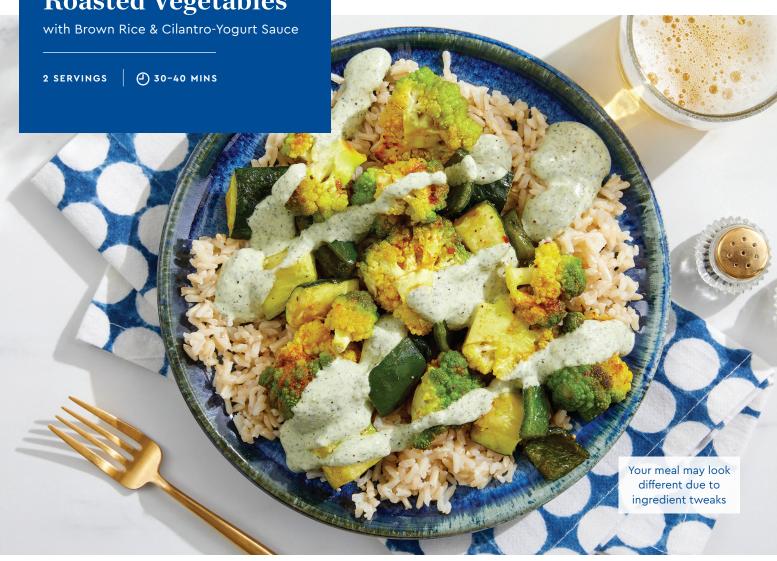
CUSTOMIZED STEP 4 If you chose Shrimp

- Finish the vegetables and serve your dish as directed, topping with the **cooked shrimp** before the sauce.





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Ingredients

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2 tsps Vadouvan **Curry Powder**



½ cup Brown Rice



1 Poblano Pepper



3 Tbsps Sweet Chili Sauce



1 lb Broccoli



1 Zucchini



1/4 cup Cilantro Sauce



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





PersonalPoints range per serving

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Scan this barcode in your WW app to

5 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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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

Prepare the ingredients

- 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 bottom 1/2 inch of the broccoli stem; cut the broccoli into small florets.
- Quarter the zucchini lengthwise; cut crosswise into 1-inch pieces.
- · 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.
- In a bowl, whisk together the yogurt and cilantro sauce; season with salt and pepper.

2 Roast the vegetables

- Line a sheet pan with foil.
- Place the broccoli florets on the foil. Drizzle with olive oil and season with salt, pepper, and the **curry powder**; toss to coat. Arrange in an even layer on one side of the sheet pan.
- · Roast 4 minutes. Leaving the oven on, remove from the oven.
- · Meanwhile, combine the zucchini pieces and diced pepper in a large bowl. Drizzle with olive oil and season with salt and pepper; stir to coat.
- Reserving the bowl, carefully add the seasoned zucchini and pepper in an even layer to the other side of the sheet pan.
- Return to the oven and roast 10 to 12 minutes, or until the vegetables are browned and tender when pierced with a fork.
- Remove from the oven.

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- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 35 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.





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CUSTOMIZED STEP 4 If you chose Shrimp

- Finish the vegetables and serve your dish as directed, topping with the **cooked shrimp** before the sauce.

