

# Sweet Chili Roasted Vegetables

with Brown Rice & Cilantro-Yogurt Sauce

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com




 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at [blueapron.com](https://blueapron.com) for ingredients (denoted with an ) and instructions tailored to you.\*

## Ingredients

Customized ingredients

### ADDED:



10 oz Tail-On Shrimp<sup>1</sup> 



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



¼ cup Cilantro Sauce



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



**3 - 10** PersonalPoints<sup>™</sup> 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 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.

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

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1. peeled & deveined

\*Ingredients may be replaced and quantities may vary.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 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 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 **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.
- Turn off the heat and fluff with a fork.



### ➡ 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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Your meal may look different due to ingredient tweaks


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½ cup Brown Rice



1 Poblano Pepper



3 Tbsps Sweet Chili Sauce



1 lb Broccoli



1 Zucchini



¼ cup Cilantro Sauce



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**4 - 10** PersonalPoints<sup>™</sup> range per serving

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COOK ALONG WITH



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## 1 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 ½ 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.
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