

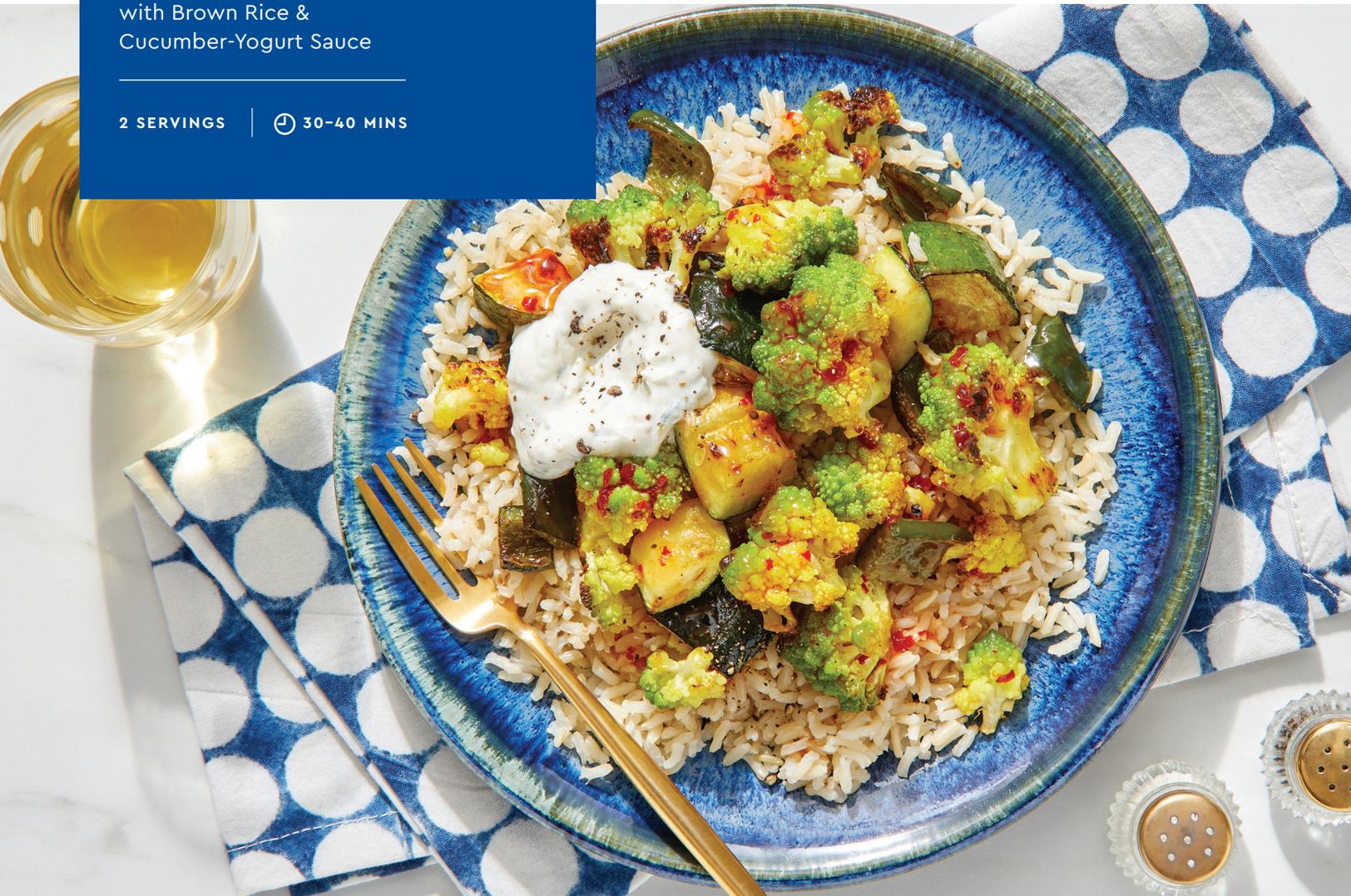
Sweet Chili Roasted Vegetables

with Brown Rice & Cucumber-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 for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients

ADDED:

 10 oz Tail-On Shrimp¹ 

 ½ cup Tzatziki²

 ½ cup Brown Rice

 1 head Romanesco Cauliflower

 3 Tbsps Sweet Chili Sauce

 1 Poblano Pepper

 1 Zucchini

 2 tsps Vadouvan Curry Powder

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

 **4-10** PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 4-10 Points. Scan the barcode to see yours!

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



Scan these barcodes in your WW app to track PersonalPoints. Wine is not included in PersonalPoints calculations.

To learn more about the (NEW!) WW PersonalPoints™ program, visit ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. peeled & deveined 2. cucumber-yogurt sauce
*Ingredients may be replaced and quantities may vary.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** 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."

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 center 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.



2 Cook the rice

- 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 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



3 Roast the vegetables

- Meanwhile, 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.



Step 3 continued:

- 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** to the other side of the sheet pan; arrange in an even layer.
- 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.

↻ 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 **tzatziki**. Enjoy!



↻ CUSTOMIZED STEP 4 *If you chose Shrimp*

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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

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.

Blue Apron, LLC, New York, NY 10005

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