

Tomato Achaar Glazed Shrimp & Lime Rice

with Mustard Seed Green Beans

2 SERVINGS

35-45 MINS

 **Blue Apron**
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Ingredients*



10 oz Tail-On Shrimp¹



1/2 cup Brown Rice



6 oz Green Beans



1 Lime



1/2 cup Plain Nonfat
Greek Yogurt



2 Tbsps Tomato
Achaar



2 tsps Honey



1 1/2 tsps Brown &
Yellow Mustard
Seeds



3 Tbsps Roasted
Cashews



2 tsps Vadouvan
Curry Powder



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5-14

PersonalPoints™
range per serving

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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

*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- In a small 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.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard any stem ends from the **green beans.**
- Using a zester or the small side of a box grater, finely grate the **lime** to get 2 teaspoons. Quarter the lime.
- Roughly chop the **cashews.**
- To make the glaze, in a bowl, combine the **honey** (kneading the packet before opening), **2 tablespoons of water,** and **as much of the tomato achar as you'd like,** depending on how spicy you'd like the dish to be.
- In a separate bowl, combine the **yogurt, the juice of 2 lime wedges,** and **2 teaspoons of water;** season with salt and pepper.



3 Cook the green beans

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.



Step 3 continued:

- Add **2 tablespoons of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the green beans are softened and the water has cooked off.
- Add the **mustard seeds.** Cook, stirring occasionally, 1 to 2 minutes, or until combined.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.

4 Cook & glaze the shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Place in a bowl; season with salt, pepper, and enough of the **curry powder** to coat (you may have extra). Toss to coat.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned shrimp** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the shrimp are coated, opaque, and cooked through.
- Turn off the heat.



5 Finish the rice & serve your dish

- Add the **lime zest** to the pot of **cooked rice;** season with salt and pepper. Stir to combine.
- Serve the **glazed shrimp** (including any glaze from the pan) with the **finished rice** and **cooked green beans.** Top the shrimp with the **lime yogurt.** Garnish with the **chopped cashews.** Serve the **remaining lime wedges** on the side. Enjoy!



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.

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