

# Garlic Shrimp & Romesco Barley

with Corn & Tomatoes

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*



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



2 cloves Garlic



6 Tbsps Romesco Sauce<sup>2</sup>



1 Tbsp Weeknight Hero Spice Blend<sup>3</sup>



¾ cup Pearled Barley



½ lb Grape Tomatoes



1 Tbsp Red Wine Vinegar



4 ears of Corn



1 bunch Parsley



¼ tsp Crushed Red Pepper Flakes



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



5-8

PersonalPoints™  
range per serving

Now your Points value is personalized to YOU! It could be between 5-8 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.

To learn more about the (NEW!) WW PersonalPoints™ program, visit [www.ww.com](https://www.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. contains almonds 3. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
\*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 Cook the barley

- Fill a large pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



### 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Halve the **tomatoes**.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **parsley** leaves and stems.



### 3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **corn kernels** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned (be careful, as the corn may pop as it cooks).



#### Step 3 continued:

- Add the **halved tomatoes** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the vegetables are softened and the liquid has cooked off.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.

### 4 Cook the shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Place in a bowl; season with salt, pepper, the **spice blend**. Toss to coat.
- In the same pan, heat **2 teaspoons 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 **chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until the shrimp are opaque and cooked through.
- Turn off the heat.



### 5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **romesco sauce** and **cooked vegetables**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **cooked shrimp**. Garnish with the **chopped parsley**. Enjoy!

