

Indian Shrimp & Mustard Seed Rice

with Roasted Vegetables & Toasted Garlic Pitas

WHY WE LOVE THIS DISH

We're calling on the bold, warming flavors of Indian cuisine by searing shrimp in a coating of vadouvan curry powder, then finishing it in the pan with our savory tomato achaar and serving it with a side of mustard seed rice and cilantro sauce.

INGREDIENT IN FOCUS

Delicata squash is a rich, sweet variety prized (and named) for its thin, delicate skin, which is entirely edible.



PREMIUM

2 SERVINGS

🕒 40-50 MINS



Serve a bottle of Blue Apron wine with this symbol: Crisp & Tropical. blueapron.com/wine

Ingredients*

- | | | |
|--|---|--|
|  10 oz Tail-On Shrimp ¹ |  2 cloves Garlic |  ¼ cup Cilantro Sauce |
|  ½ cup Long Grain White Rice |  3 oz Baby Spinach |  3 Tbsps Roasted Cashews |
|  2 Pocketless Pitas |  2 Tbsps Crème Fraîche |  1 ½ tps Brown & Yellow Mustard Seeds |
|  1 Delicata Squash |  1 oz Salted Butter |  2 tps Vadouvan Curry Powder |
|  1 Poblano Pepper |  ½ cup Tzatziki ² | |
|  1 Shallot |  2 Tbsps Tomato Achaar | |

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



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into 1/2-inch pieces.
- Peel and roughly chop **2 cloves of garlic**.
- Peel and thinly slice the **shallot**.
- Roughly chop the **cashews**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then cut into 1-inch strips. Place in a bowl; drizzle with **olive oil** and season with salt and pepper. Toss to coat. Thoroughly wash your hands, knife, and cutting board immediately after handling.



2 Roast the vegetables

- Line a sheet pan with foil.
- Place the **squash pieces** on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 12 minutes. Leaving the oven on, remove from the oven.
- Carefully add the **seasoned pepper pieces** to the other side of the sheet pan.
- Return to the oven and roast 8 to 10 minutes, or until the vegetables are browned and tender when pierced with a fork.
- Remove from the oven.



3 Make the mustard seed rice

- Meanwhile, carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **mustard seeds**. Cook, stirring frequently, 30 seconds to 1 minute, or until lightly toasted (be careful, as the mustard seeds may pop as they toast).
- Add the **rice, a pinch of salt, and 1 cup of water** (carefully, as the liquid may splatter). Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



4 Make the garlic pitas

- Meanwhile, line a separate sheet pan with foil.
- Place the **pitas** on the foil.
- In a medium pan (nonstick, if you have one), heat the **butter** on medium-high until melted.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened. Turn off the heat.
- Evenly spread or brush the **garlic butter** onto the pitas; season with salt and pepper.
- Toast in the oven 4 to 6 minutes, or until lightly browned and heated through.
- Carefully transfer to a cutting board; cut into equal-sized wedges.



5 Cook the shrimp

- Meanwhile, pat the **shrimp** dry with paper towels (remove the tails if desired). Place in a bowl; add enough of the **curry powder** to coat (you may have extra). Stir to coat.
- In the same pan, heat **1 teaspoon 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.
- Transfer to a plate.
- Wipe out the pan.



6 Finish the shrimp & serve your dish

- In the same pan, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **spinach and sliced shallot**. Cook, stirring frequently, 1 to 2 minutes, or until the spinach is wilted.
- Add the **tomato achaar and 1/4 cup of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat; stir in the **cooked shrimp and crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- Serve the **finished shrimp with the mustard seed rice, garlic pitas, and roasted vegetables**. Garnish the vegetables with the **chopped cashews**. Serve the **tzatziki and cilantro sauce** 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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