

Sweet Chili Roasted Vegetables

with Brown Rice & Cilantro-Yogurt Sauce

2 SERVINGS

⌚ 30-40 MINS


 **Blue Apron**
blueapron.com



Ingredients*

Customized ingredients

ADDED:


 10 oz Tail-On Shrimp¹


 ½ cup Brown Rice


 1 Zucchini

 1 Bell Pepper

 1 head Cauliflower

 ½ cup Plain Nonfat Greek Yogurt

 3 Tbsps Sweet Chili Sauce

 ¼ cup Cilantro Sauce

 2 tsps Vadouvan Curry Powder



10 Points® value per serving



Scan this barcode in your WW app to track Points™. Wine is not included in Points™ as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 Points™) instead of olive oil (1 Points™ value per teaspoon) to coat your pan before heating.

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

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

1. peeled & deveined

*Ingredients may be replaced and quantities may vary.

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.
- In a bowl, combine the **yogurt** and **cilantro sauce**; season with salt and pepper.



2 Cook the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 ¾ cups 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** in an even layer to the other side of the sheet pan.
- Return to the oven and roast 10 to 12 minutes, or until 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, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring occasionally, 1 to 2 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 5 *If you chose Shrimp*

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