

# Shrimp & Creamy Cajun Sauce

with Vegetable Rice & Tomato Relish

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*



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



½ cup Long Grain White Rice



1 Poblano Pepper



6 oz Carrots



2 Scallions



4 oz Grape Tomatoes



¼ cup Sour Cream



2 Tbsps Crème Fraîche



2 Tbsps Sweet Pickle Relish



1 Tbsp Cajun Spice Blend<sup>2</sup>



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



12 Points<sup>®</sup> value per serving



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

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

<sup>1</sup> peeled & deveined   <sup>2</sup> Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper  
\*Ingredients may be replaced and quantities may vary.



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Cook the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- 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, 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.



### 2 Prepare the ingredients & make the tomato relish

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; thinly slice crosswise.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **tomatoes**.
- 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.
- In a bowl, combine the **halved tomatoes**, **sliced green tops of the scallions**, **pickle relish**, and a drizzle of **olive oil**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes; taste, then season with salt and pepper if desired.



### 3 Cook the vegetables & finish the rice

- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced carrots** and **diced pepper** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Season with salt and pepper.



### Step 3 continued:

- Add the **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.

### 4 Make the sauce

- Meanwhile, in a bowl, combine the **sour cream**, **crème fraîche**, **1 tablespoon of water**, a drizzle of **olive oil**, and a **pinch of the spice blend**. Taste, then season with salt and pepper if desired.



### 5 Cook the shrimp & serve your dish

- Pat the **shrimp** dry with paper towels (remove the tails if desired); place in a bowl. Add a drizzle of **olive oil**; season with salt, pepper, and enough of the **remaining spice blend** to coat (you may have extra). Toss to thoroughly 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.
- Continue to cook, stirring frequently, 1 to 2 minutes, or until opaque and cooked through.
- Turn off the heat.
- Serve the **finished rice** topped with the **cooked shrimp**, **tomato relish**, and **sauce**. Enjoy!

