



MAY  
2016

## Lemon-Basil Shrimp Skewers

with Orzo & Avocado Salad

Summer's finest produce takes the stage in this delightful dish. Juicy shrimp skewers are topped with a secret ingredient—lemon-basil butter! Marinated tomatoes and creamy avocado make this orzo salad something special.



Prep: 10 min  
Total: 25 min



level 1



nut free



make me  
first



Shrimp



Orzo



Wooden  
Skewers



Roma Tomato



White Wine  
Vinegar



Avocado



Garlic



Basil



Lemon

## Ingredients

		2 People	4 People
Shrimp	1)	10 oz	20 oz
Orzo	2)	6 oz	12 oz
Wooden Skewers		4	8
Roma Tomato		1	2
White Wine Vinegar		2 T	4 T
Avocado		½	1
Garlic		2 Cloves	4 Cloves
Basil		½ oz	1 oz
Lemon		1	2
Butter*	3)	½ T	1 T
Olive Oil*		½ T	1 T

\*Not Included

## Allergens

1) Shellfish

2) Wheat

3) Milk

## Tools

Large pot, Shallow dish, Zester, Strainer, Small bowl, Small pot, Large bowl, Medium bowl, Baking sheet

Ruler

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**Nutrition per person** Calories: 611 cal | Fat: 14 g | Sat. Fat: 3 g | Protein: 49 g | Carbs: 77 g | Sugar: 5 g | Sodium: 407 mg | Fiber: 10 g



**1 Prep the ingredients: Wash and dry all produce.** Preheat the broiler or grill to high. If you do not have either, preheat the oven to 500 degrees. Bring a large pot of **salted water** to a boil. Soak the **skewers** in a shallow dish of water. Core, seed, and dice the **tomato**. Mince or grate the **garlic**. Zest, then halve the **lemon**. Finely chop the **basil leaves**. Add the **orzo** to the boiling water and cook for 6-8 minutes, until al dente. Drain.

**2 Marinate the tomatoes:** Place the **tomatoes** and **white wine vinegar** in a small bowl with a pinch of **salt** and **pepper**. Toss, then set aside to marinate.

**3 Make the lemon-basil butter:** Heat **1 Tablespoon butter** in a small pot over medium heat. Once melted, remove from the heat and stir in **half the basil** and a squeeze of **lemon juice**. Season with **salt** and **pepper**.

**4 Toss the orzo salad:** Drain the **tomatoes**. Halve, pit, and cube the **avocado**. Once the **orzo** is ready, toss it into a large bowl with the **tomatoes**, **half the avocado**, the remaining **basil**, a large drizzle of **olive oil**, and a squeeze of **lemon juice** (to taste). Season with **salt** and **pepper**. **Tip:** Eat the remaining avocado with your eggs in the morning!

**5 Cook the shrimp:** Toss the **shrimp** in a medium bowl with a drizzle of **olive oil**, the **lemon zest**, **garlic**, and a pinch of **salt** and **pepper**. Thread them onto the **skewers** and either broil on a baking sheet or grill for 3-4 minutes, flipping once, until cooked through.

**6 Plate:** Serve the **shrimp skewers** on a bed of **orzo & avocado salad**. Drizzle with the **lemon-basil butter** and enjoy!

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