



CITRUS SKILLET SHRIMP

over Basmati Rice

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 1

NUT FREE

GLUTEN FREE

DAIRY FREE

MAKE FIRST



HELLO

CITRUS SAUCE

Orange and lemon add a burst of vitamin C

INGREDIENTS:

- Basmati Rice
- Red Onion
- Poblano Pepper
- Garlic
- Green Olives
- Orange
- Lemon
- Oregano
- Shrimp (Contains: Shellfish)

FOR 2 PEOPLE:

- ½ Cup
- 1
- 1
- 2 Cloves
- 1 oz
- 1
- 1
- ¼ oz
- 10 oz

FOR 4 PEOPLE:

- 1 Cup
- 2
- 2
- 4 Cloves
- 2 oz
- 2
- 1
- ½ oz
- 20 oz

NUTRITION PER SERVING

530 cal | Fat: 20 g | Sat. Fat: 3 g | Protein: 30 g | Carbs: 64 g | Sugar: 10 g | Sodium: 638 mg | Fiber: 8 g

START STRONG

By **slicing, rather than mincing, garlic**, you get occasional bites of garlic flavor in its full glory. Simply slice the cloves crosswise as thinly as you can.



BUST OUT

- Small pot
- Large pan
- Olive oil (2 TBSP | 4 TBSP)
- Zester
- Small bowl



1 COOK RICE

Bring **1 cup water** and a pinch of **salt** to a boil in a small pot. Once boiling, add **rice**, cover, and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered.

2 PREP

Wash and dry all produce. Halve, peel, and thinly slice **onion**. Halve **poblano** lengthwise and remove the core and white ribs. Cut crosswise into thin strips. Thinly slice **garlic** and **green olives**. Zest, halve, and juice **orange** and **lemon** into a small bowl. Pick **oregano leaves** from stems and roughly chop. Discard stems.

3 COOK VEGGIES

Heat **1 TBSP olive oil** in a large pan over medium-high heat. Add **poblano** and **onion** and cook until softened and slightly charred, about 5 minutes, tossing occasionally.



4 COOK AROMATICS

Add **garlic, olives, oregano**, and half the **citrus juice** to pan. Reduce heat to medium and cook until fragrant, 2-3 minutes, tossing.

5 COOK SHRIMP

Season **shrimp** with **salt** and **pepper**. Add to pan with **1 TBSP olive oil**. Cook until pink and just firm, 3-5 minutes, tossing occasionally. Pour in remaining juice, along with **1 tsp orange zest** and **1 tsp lemon zest**. Toss and season with **salt** and **pepper**.

6 FINISH AND PLATE

Fluff **rice** with a fork. Season to taste with **salt, pepper**, and remaining **citrus zest**. Divide **rice** between plates and top with **shrimp** and its sauce.

ZESTY!

Shrimp and citrus are a sunshiny pair.