



# Shrimp Scampi with Lemon Rice Pilaf

Family

35 Minutes



Shrimp



Basmati Rice



Lemon



Garlic



Parsley



Green Peas



Sweet Bell Pepper



Chicken Broth Concentrate



Shallot



Italian Seasoning



Roma Tomato

HELLO SHRIMP

*Our shrimp are sourced sustainably to help preserve the health of our oceans*

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

### Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

## Bust Out

Baking sheet, medium bowl, measuring spoons, strainer, zester, medium pot, small pot, measuring cups, paper towels

## Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Basmati Rice	¾ cup	1 ½ cup
Lemon	1	1
Garlic	6 g	12 g
Parsley	7 g	14 g
Green Peas	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Chicken Broth Concentrate	1	2
Shallot	50 g	100 g
Italian Seasoning	1 tbsp	1 tbsp
Roma Tomato	80 g	160 g
Unsalted Butter*	1 ½ tbsp	3 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Prep

Roughly chop **parsley**. Core, then cut the **peppers** into ½-inch pieces. Cut **tomato** into ¼-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges. Peel, then dice the **shallot**. Peel, then mince or grate **garlic**. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.



## Make garlic butter

While **shrimp** and **peppers** broil, heat a small pot over medium-low heat. Add **1 ½ tbsp butter** (dbl for 4 ppl) and **¼ tsp remaining garlic**. (**NOTE:** Reference Garlic Guide.) Cook, stirring together, until **butter** has melted and **garlic** is fragrant, 2-3 min. Remove pot from heat. Transfer **garlic butter** to a medium bowl. Set aside.



## Start pilaf

Heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shallot**. Cook, stirring often, until softened, 2-3 min. Add **rice**. Cook, stirring often, until toasted, 1 min. Add **1 ½ cups water** (dbl for 4 ppl) and **broth concentrate**. Cover and bring to a boil. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## Finish pilaf

Fluff **rice** with a fork, then add **green peas, tomatoes, lemon juice** and **half the parsley**. Season with **salt** and **pepper**. Stir to combine.



## Broil shrimp & peppers

While **rice** cooks, toss **shrimp, peppers, lemon zest, half the Italian Seasoning** and **half the garlic** with **½ tbsp oil** (dbl all for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Broil in the **middle** of the oven, until **shrimp** just turns pink, 5-6 min.\*\*



## Finish and serve

Add **shrimp** and **peppers** to the bowl with **garlic butter**. Toss together. Divide **rice pilaf** between plates, then top with **shrimp, peppers** and any **juices** from the bowl. Sprinkle over **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!