



DINNERLY



Louisiana-Style Shrimp with Bell Peppers & Brown Rice

 20-30min  2 Servings

Our geaux-to dish these days? Fluffy steamed rice bel-eaux spiced shrimp tossed with scallions and rich tomato sauce. If it doesn't already sh-eaux, we're really committed to this Louisiana theme. We've got you covered!

WHAT WE SEND

- 5 oz quick-cooking brown rice
- 1 green bell pepper
- 2 scallions
- ½ lb pkg shrimp ^{2,17}
- ¼ oz seafood seasoning
- 8 oz tomato sauce

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil

TOOLS

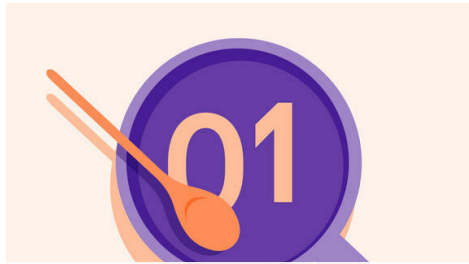
- small saucepan
- medium skillet

ALLERGENS

Shellfish (2), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

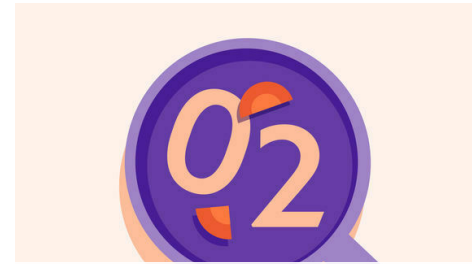
NUTRITION PER SERVING

Calories 550kcal, Fat 17g, Carbs 71g, Protein 28g



1. Cook rice

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.

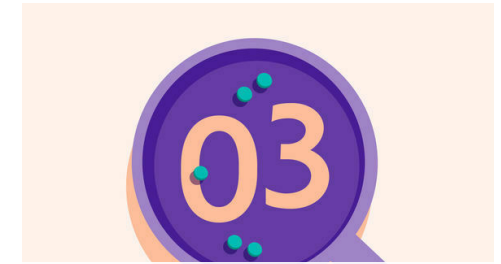


2. Prep ingredients

Meanwhile, halve **pepper**, discard stem and seeds, then cut into ½-inch pieces.

Finely chop **1 teaspoon garlic**.

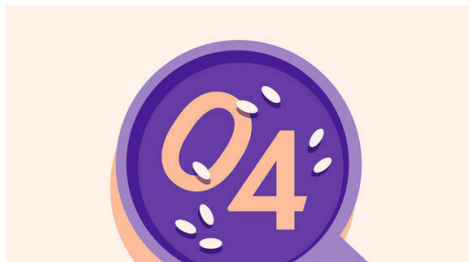
Trim **scallions** and thinly slice on an angle, keeping dark greens separate.



3. Sauté shrimp

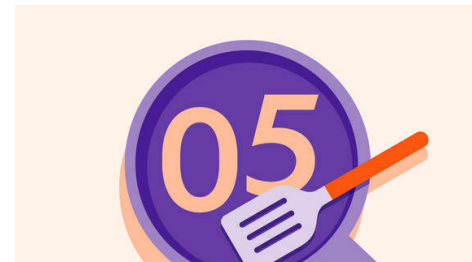
Rinse **shrimp** and pat very dry.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add shrimp and ½ **teaspoon seafood seasoning**. Cook, stirring, until pink and cooked through, about 2 minutes. Transfer to a plate.



4. Sauté peppers

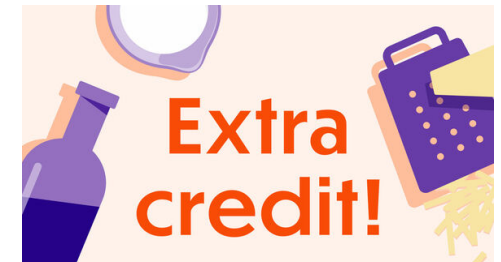
Heat **1 tablespoon oil** in same skillet over medium-high. Add **scallion whites and light greens** and **peppers**. Cook, stirring, until fragrant, about 1 minute. Add **1 tablespoon water**; cover and cook until veggies are charred and slightly softened, 1–2 minutes. Add **garlic** and **1 teaspoon seafood seasoning**; cook until fragrant, 1 minute.



5. Finish & serve

Stir in **tomato sauce** and ⅓ **cup water**. Reduce heat to medium; cook, stirring, until thickened and **peppers** are tender, 4–5 minutes. Add **shrimp** and cook, stirring, until heated through, about 1 minute. Fluff **rice** with a fork and stir in **remaining scallions**; season to taste with **pepper**.

Serve **scallion rice** topped with **shrimp, peppers, and sauce**. Enjoy!



6. Spice it up!

When we think of Louisiana, we think HOT. And we're not just talking about the weather. Make this a true Creole dish with some heat from chopped chile pepper, your favorite hot sauce, or crushed red pepper.