MARLEY SPOON

Jumbo Shrimp Étouffée

with Scallion Rice

20-30min 2 Servings

Étouffée is a classic New Orleans dish. It usually consists of seafood or shellfish that are smothered in a deeply flavorful sauce as they cook, and then served over white rice. We didn't stray too far from tradition, simmering shrimp with a lively blend of spices and the "holy trinity" of Creole and Cajun cooking: celery, bell pepper, and onions. It all comes together in a seafood broth thickened with roux.

What we send

- 1 yellow onion
- 1 small bag celery
- 1 bell pepper
- 2 scallions
- 5 oz jasmine rice
- ¼ oz Cajun seasoning
- 1 pkt seafood broth concentrate [1,3]
- 10 oz pkg jumbo shrimp [3]

What you need

- olive oil
- kosher salt
- butter [2]
- all-purpose flour (or gluten-free alternative)

Tools

- small saucepan
- medium saucepan

Allergens

Fish (1), Milk (2), Shellfish (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 640kcal, Fat 22g, Carbs 82g, Protein 31g

1. Prep ingredients

Finely chop **all of the onion**. Trim **celery**, then thinly slice. Halve **bell pepper**, remove and discard core and seeds, then cut into ½-inch pieces. Trim **scallions**, then thinly slice, keeping dark greens separate.

2. Make rice

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **rice** and **sliced scallion whites and light greens**. Cook until some of the grains turn chalky white, 1–2 minutes. Stir in **1½ cups water** and **½ teaspoon salt**. Bring to a boil over high. Reduce heat to low, cover, and cook until water is absorbed and rice is tender, about 17 minutes. Remove from heat; keep covered.

3. Make roux

In a medium saucepan, heat **1 tablespoon each of butter and oil** over medium-high. Add **2 tablespoons flour** and cook, stirring constantly, until the mixture is the color of dark peanut butter, 4–5 minutes.

4. Cook vegetables

Add **onions**, **celery**, and **bell pepper** to the saucepan and cook, stirring frequently, until vegetables are just softened, 5–6 minutes. Stir in **1½ teaspoons Cajun seasoning** (or more or less, depending on heat preference), and cook, stirring, until fragrant, about 1 minute.

5. Make sauce

Stir in **seafood broth concentrate** and **1½ cups water**; bring to a boil over high heat. Season lightly with **salt**. Reduce heat to medium and simmer until sauce is thickened and vegetables are tender, 5–7 minutes.

6. Add shrimp & serve

Rinse **shrimp**, then pat dry. Stir shrimp into **sauce**; cook, uncovered, until shrimp are curled, pink, and cooked through, 2–3 minutes. Fluff **rice** with a fork and stir in **all but 1 tablespoon scallion dark greens**. Spoon **rice** into bowls and top with **shrimp etouffée** and **remaining scallion dark greens**. Enjoy!