



In your box

- 2 tsp. Tomato Paste
- 2 oz. Sour Cream
- 3 oz. Corn Kernels
- ½ tsp. Smoked Paprika
- 1 tsp. Blackening Seasoning
- 4 oz. Mixed Diced Peppers
- 8 oz. Chili Lime Rice
- 1 oz. Crispy Fried Onions

Customize It Options

- 8 oz. Shrimp
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Impossible Burger
- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. Double Portion-Shrimp

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper
- Mixing Bowl

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Oven-Ready



Low Country Shrimp and Chili Lime Rice Bowl

with corn and peppers

NUTRITION per serving—Calories: 495, Carbohydrates: 55g, Sugar: 5g, Fiber: 3g, Protein: 24g, Sodium: 1895mg, Fat: 22g, Saturated Fat: 7g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

30-40 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



Customize It Instructions

- If using 16 oz. **shrimp** follow same instructions.
- If using **Impossible Burger**, in Step 2, break into small pieces and place on vegetables. Follow same instructions as shrimp in Step 3, baking uncovered until heated through, 15-18 minutes.
- If using **whole chicken breasts**, pat chicken breasts dry and, on a separate cutting board, cut into 1" dice. Follow same instructions as shrimp in Steps 2 and 3, baking uncovered until chicken reaches minimum internal temperature, 23-35 minutes.

1. Bake the Vegetables

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Carefully massage **rice** in bag to break up any clumps.
- Combine rice, ¼ cup **water**, and **tomato paste** on provided tray. Top evenly with **corn** and **diced pepper**, then 1 tsp. **olive oil** and a pinch of **salt**, and **pepper**.
- Bake vegetables and rice uncovered in hot oven, 12 minutes.

2. Add the Shrimp

- Carefully remove tray from oven. Pat **shrimp** dry and place on **vegetables**. Top shrimp with 1 tsp. **olive oil** and **blackening seasoning**.



3. Finish the Dish

- Bake uncovered in hot oven until **shrimp** reaches an internal temperature of 145 degrees, 15-18 minutes
- While dish bakes, combine **sour cream**, 1 Tbsp. **water**, **paprika**, and a pinch of **salt** and **pepper** in a mixing bowl.
- Carefully remove tray from oven and stir to combine. Top with paprika-sour cream mixture and **crispy onions**. Bon appétit!