



Mediterranean-Style Shrimp Rice Bowl

WITH FETA AND TZATZIKI

Meal Kit



Prep & Cook Time

25-35 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil, Salt, Pepper
Small Pot, Large Non-Stick Pan

Difficulty Level

INTERMEDIATE

Spice Level

MILD

Ingredients

- 2 Garlic Cloves
 - 1 Zucchini
 - 🔥 .8 oz. Tuscan Herb Butter
 - 1 Shallot
 - 2 oz. Tzatziki Dip
 - 4 oz. Fire Roasted Diced Tomatoes
 - 1 oz. Feta Cheese Crumbles
 - 2 tsp. Mirepoix Broth Concentrate
 - 5.47 oz. Long Grain White Rice
- Customize It Options**
- 8 oz. Shrimp
 - 10 oz. Steak Strips
 - 10 oz. Diced Boneless Skinless Chicken Breasts
 - 16 oz. Double Portion Shrimp

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/15652

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

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **garlic**

Customize It Instructions

- If using **16 oz. shrimp**, follow same instructions as 8 oz. shrimp, working in batches, if necessary.
- If using **diced chicken breasts**, follow same instructions as shrimp in Steps 1 and 4, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **steak strips**, pat dry, coarsely chop, then separate pieces. Follow same instructions as shrimp in Step 4, stirring occasionally until steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes.



1. Prepare the Ingredients

- Trim **zucchini** ends, halve lengthwise, and cut into 1/2" half-moons.
- Peel and halve **shallot**. Slice thinly.
- Mince **garlic**.
- Pat **shrimp** dry.



2. Start the Rice

- Place a small pot over medium heat and add 1 tsp. **olive oil**. Add half the **garlic** (reserve remaining for zucchini) to hot pot. Stir occasionally until lightly browned, 30-60 seconds.
- Add **rice, mirepoix base, tomatoes, 1/4 tsp. salt**, and 1 1/4 cups **water**. Bring to a boil.
- Once boiling, reduce to a simmer. Cover and cook until rice is tender, 15-18 minutes.
- Remove from burner and set aside.
- While rice cooks, continue recipe.



3. Cook the Zucchini

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **zucchini** to hot pan and stir occasionally until lightly browned and beginning to soften, 4-6 minutes.
- Add **shallots, remaining garlic**, and a pinch of **salt** and **pepper**. Stir occasionally until shallots have softened, 1-2 minutes.



4. Add the Shrimp

- Add **shrimp** to hot pan. Cook until pink and shrimp reach a minimum internal temperature of 145 degrees, 2-3 minutes per side.
- Stir in **butter** (to taste). Stir occasionally until melted and combined, 1-2 minutes.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **rice** with **shrimp mixture** and garnishing with **tzatziki** and **cheese**. Bon appétit!