



NUTRITION *per serving* 72g carbohydrates 9g fat 15g protein 1607mg sodium | low-calorie, gluten-free, dairy-free, soy-free, nut-free



Calories
421



Prep & Cook Time
30-40 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Medium

IN YOUR BOX

¾ cup Parboiled White Rice
1 Celery Stalk
1 Green Bell Pepper
2 Garlic Cloves
2 Green Onions
16 Shrimp
3 Tbsp. Cajun Seasoning
14 ½ oz. Diced Tomatoes,
Canned

IN YOUR KITCHEN

Olive Oil
Small Pot
Medium Non-Stick Pan

www.homechef.com/3510



HOME CHEF

Bourbon Street Creole Shrimp

with white rice

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Spice Alert!** Cajun seasoning adds a smoky, slightly spicy flavor to **tomato sauce**. Add half first, taste, and add more if desired.
- **Heads Up!** Cajun seasoning is used twice. 2 tsp. seasons **shrimp** and remaining is added to **sauce**.
- **Heads Up!** Green onions are used twice. **White portions** go in **sauce**, and **green portions** garnish dish.

FROM THE CHEF

If sauce gets very thick and chunky, add 1-2 tablespoons of water and adjust seasoning with a pinch of salt if needed. Sauce should be consistency of a slightly thin tomato sauce, but not watery.

Did you know...

Adapted from French mirepoix, many Cajun dishes start with a mixture of onion, celery, and bell peppers. It's referred to as the Holy Trinity of Cajun cuisine.



1

Cook the Rice

Bring a small pot with **rice** and 1 ½ cups **water** to a boil. Reduce heat to low, cover, and cook until tender, 18–20 minutes. While rice cooks, prepare ingredients.



2

Prepare the Ingredients

Trim ends off **celery** and cut into ¼” dice. Stem, seed, and cut **green bell pepper** into ¼” dice. Mince **garlic**. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Rinse **shrimp**, pat dry, and season with 2 tsp. **Cajun seasoning** (reserve remaining for sauce).



3

Sear the Shrimp

Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **shrimp** to hot pan and sear on one side until browned, 2–3 minutes. Remove to a plate. Reserve pan; no need to wipe clean. *Shrimp will finish cooking in a later step.*



4

Cook the Tomato Sauce

Add 2 tsp. **olive oil** to pan used to cook shrimp. Reduce heat to medium and add **celery** and **green bell pepper**. Cook, stirring occasionally, until vegetables are tender, 4–5 minutes. Add **garlic**, **white portions of green onions**, and half the remaining **Cajun seasoning** and cook 1 minute. Add **diced tomato**, bring to a boil, and cook 2 minutes. Taste, and add remaining Cajun seasoning if desired. *Sauce should be chunky, but not too thick. Add 1–2 Tbsp. water if needed.*



5

Finish the Shrimp

Add **shrimp** to **tomato sauce** and cook until shrimp reaches a minimum internal temperature of 145 degrees, 3–4 minutes. Remove from burner.



6

Plate the Dish

Place a serving of **rice** on a plate. Spoon **shrimp** and **tomato sauce** around rice. Garnish with **green portions of green onions**.