



NUTRITION per serving 56g carbohydrates 7g fat 22g protein 1758mg sodium



Calories
372



Prep & Cook Time
35-45 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Mild



HOME CHEF

GRILLING SERIES

Balsamic Shrimp Skewers

with grilled vegetables, parsleyed rice, and tomato relish

IN YOUR BOX

- ½ oz. Parsley
- ½ cup Basmati Rice
- 1 Yellow Squash
- 1 Red Bell Pepper
- 1 Roma Tomato
- 2 Garlic Cloves
- ¾ fl. oz. Balsamic Glaze
- ¼ tsp. Red Pepper Flakes
- 8 oz. Shrimp
- 4 6" Wooden Skewers

CONTAINS: shellfish (shrimp)

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

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Grill Pan or Outdoor Grill
- Medium Pot
- 2 Mixing Bowls

www.homechef.com/4165

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
- ❑ Preheat grill or grill pan over medium-high heat

WHILE YOU COOK

- ❑ **Heads Up! Parsley** is used twice. Half is added to **rice** and remaining is added to **relish**.
- ❑ **Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.
- ❑ **Heads Up! Glaze** is used twice. Half is added to **shrimp** after it cooks and remaining garnishes dish.
- ❑ Some can't get enough **garlic**, and others prefer a lighter touch. Feel free to use only one clove for making **relish**.

FROM THE CHEF

Experienced grill masters can combine steps 3 and 4, and grill vegetables and shrimp at the same time.

Did you know...

In Modena, Italy, birthplace of balsamic vinegar, it is traditional to give newborn babies a bottle of vinegar to keep until they reach adulthood.



Cook the Rice

Stem and mince **parsley**. Heat a medium pot over medium-high heat. Add 1 tsp. **olive oil**, **rice**, and a pinch of **salt** to hot pot. Cook until aromatic, 30–90 seconds. Add 1 cup **water** and bring to a boil. Reduce to a simmer, cover, and cook until tender, 18–20 minutes. When rice is tender, stir in half the **parsley** (reserve remaining for relish). Remove from burner and set aside. While rice cooks, prepare ingredients.



Grill and Glaze the Shrimp

Coat **shrimp skewers** with **cooking spray** and add to hot grill. Grill until lightly charred and shrimp reaches a minimum internal temperature of 145 degrees, 2–3 minutes per side. Brush half the **glaze** (reserve remaining for garnish) over both sides of shrimp. Remove shrimp to a plate.



Prepare the Ingredients

Trim **squash** ends and cut into $\frac{1}{3}$ " planks. Stem, seed, and cut **red bell pepper** into four pieces. Core **tomato** and finely chop. Mince **garlic**. In a mixing bowl, whisk together **balsamic glaze**, 1 tsp. **olive oil**, 1 tsp. **water**, **red pepper flakes** (to taste), and a pinch of **salt**. Set aside. Pat **shrimp** dry, and season both sides with a pinch of salt and **pepper**. Thread shrimp onto **skewers**.



Make the Relish

In another mixing bowl, combine **tomato**, **garlic** (to taste), remaining **parsley**, 1 tsp. **olive oil**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**.



Grill the Vegetables

Spray grill with **cooking spray**. Add **squash** and **red bell pepper** to hot grill. Cook until crisp tender, 4–6 minutes per side. Transfer vegetables to cutting board and let cool until able to handle. Cut into bite-sized pieces and season with $\frac{1}{4}$ tsp. **salt**.



Finish the Dish

Place **rice** on a plate. Arrange **vegetables** and **shrimp skewers** next to rice. Drizzle with remaining **glaze**. Serve **relish** on the side.