35 MINUTE RECIPE
Active time: 20 minutes

Mexican Shrimp & Zucchini Bake

with Rice & Creamy Tomatillo Sauce



2 <OR> 4 SERVINGS

10	20 oz Shrimp[1]
½	1 cup Long Grain White Rice
1	2 Zucchini
1	2 Poblano Pepper
2	4 cloves Garlic
¼	½ cup Sour Cream
⅓	⅔ cup Tomatillo-Poblano Sauce
2	4 Tbsp Mayonnaise
¼	½ cup Panko Breadcrumbs
½	1 Tbsp Mexican Spice Blend[2]

Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

Getting Started

COOKING TOOLS
Small Baking Dish *(Large for 4)*
Medium Pot
Knife
Cutting Board

FROM YOUR PANTRY
Olive Oil
Salt
Pepper

Chef's Note

FEATURED INGREDIENT
The star of our Mexican spice blend is dried Mexican oregano, which has floral, lemony, and slightly peppery undertones. When combined with ancho chile powder, ground cumin, and more, this spice blend adds a dash of Mexican flavor to just about anything you'd like.

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1. peeled & deveined 2. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano
Ingredients may be replaced and quantities may vary.

To view this recipe's full nutrition information, navigate to the orders tab in the Blue Apron app or at blueapron.com and select the recipe, then click on NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page.
Food safety handling information: blueapron.com/food-safety

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Cooking for 4 servings? Double the amount highlighted if you're cooking 4 servings.

1. Cook the rice



- ☐ Preheat the oven to 450°F.
- ☐ Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- ☐ In a medium pot, combine the **rice**, **half the spice blend**, **a big pinch of salt**, and **1 cup of water**; stir to combine. Heat to boiling on high.
- ☐ Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat and fluff with a fork. Cover to keep warm.

2. Prepare & start the vegetables



- ☐ Meanwhile, wash and dry the fresh produce.
- ☐ Large dice the **zucchini**.
- ☐ Peel and roughly chop **2 cloves of garlic**.
- ☐ Cut off and discard the stem of the **pepper(s)**. Halve lengthwise; remove the ribs and seeds, then large dice. Thoroughly wash your hands immediately after handling.
- ☐ Transfer the **diced zucchini** and **diced pepper(s)** to a small baking dish (or large for 4 servings). Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Bake 9 to 11 minutes, or until slightly tender when pierced with a fork.
- ☐ Leaving the oven on, remove from the oven.

3. Make the breadcrumb topping



- ☐ Meanwhile, in a bowl, combine the **chopped garlic**, **breadcrumbs**, **mayonnaise**, and **1 tablespoon of olive oil**; season with salt and pepper. Stir to combine.

4. Bake the shrimp & vegetables



- ☐ Pat the **shrimp** dry with paper towels. Place in a bowl; drizzle with **olive oil** and season with salt, pepper, and the **remaining spice blend**. Toss to coat.
- ☐ Carefully place the **seasoned shrimp** in an even layer on top of the **partially baked vegetables**.
- ☐ Evenly sprinkle the **breadcrumb topping** over the shrimp and vegetables.
- ☐ Return to the oven and bake 9 to 11 minutes, or until the breadcrumbs are toasted and the shrimp are opaque and cooked through.
- ☐ Remove from the oven and let stand at least 2 minutes.

5. Make the sauce & serve your dish



- ☐ Meanwhile, in a bowl, combine the **tomatillo sauce** and **sour cream**; season with salt and pepper.
- ☐ Serve the **cooked rice** topped with the **baked shrimp and vegetables**. Drizzle with the **sauce**. Enjoy!

Blue Apron × Baked by Melissa



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