



## Garlic Shrimp & Roasted Squash over Rice

Prep Time: 30 min

Cook Time: 20 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

435 calories

13.43 g total fat

940 mg sodium



### INGREDIENTS: \*\* Items not included in kit

- 1 lb. shrimp
- 2 TB olive oil\*\*
- 1 TB fresh lime juice
- 4 garlic cloves, minced
- 1/4 tsp ground cumin
- 1/4 tsp red pepper flakes, or to taste
- Salt & pepper, to taste\*\*
- 2 cups zucchini, sliced (1/2 inch thick)
- 2 cups yellow squash, sliced (1/2 inch thick)
- 1/2 pint cherry/grape tomatoes, halved
- 2 TB olive oil\*\*
- 1/2 tsp garlic powder
- 1/3 cup parmesan cheese
- 1 1/2 cups basmati rice
- 1 TB olive oil \*\*
- Fresh parsley, chopped

### DIRECTIONS:

1. In a bowl, whisk together **2 TB olive oil, 1 TB lime juice, 4 garlic cloves minced, cumin, red pepper flakes, pinch of salt and pepper**. Cut the **shrimp** in half if desired and add **shrimp** to the bowl. Toss to coat, cover with plastic wrap and place in refrigerator to marinate for 20 minutes.
2. While the shrimp marinates, preheat oven to 425 degrees. Prepare a baking sheet **by spraying with nonstick spray**.
3. In a large bowl combine **2 TB olive oil, garlic powder, 1/4 tsp salt and 1/4 tsp black pepper**. Add the **squash/zucchini slices and halved tomatoes** and toss well to coat. Pour the mixture onto the greased baking sheet and spread into a single layer. Sprinkle tops with **parmesan cheese**. Bake 15 minutes or until tender.
4. **Basmati Rice**: Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
5. Heat a skillet over medium heat. Add the **marinated shrimp** and cook until done (about 5-8 minutes), turning halfway through.
6. Serve shrimp over rice with a side of roasted vegetables and sprinkle with **fresh chopped parsley**.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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