

Baja Bowl with Cilantro-Lime Shrimp

2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Rose's Seafood Co. Gulf Shrimp, thawed, peeled
J & B Farm Red Cabbage, outerer leaves and core removed, washed
Gundermann Acres Carrots, greens removed, washed, peeled (optional)
Farmhouse Kitchen Cilantro - Lime Condiment
Farmhouse Kitchen Lime Yogurt Sauce
Gulf Pacific Brown Rice
Olive or Canola Oil
Salt and Pepper

NOTE: You can devein shrimp before or after cooking. Deveining after cooking allows your meal to absorb more flavor from the shell. To remove head, gently twist off. To devein, pull legs off in clumps until all are removed, discard. Starting at the head slip fingers under shell and remove in one piece. Use a paring knife to make a 1/4" slit along shrimp's back. Use the paring knife to begin removing vein, pull vein out gently in one piece; discard. Rinse hands and shrimp to ensure all vein has been removed. Place shrimp in a bowl of ice water or in the refrigerator until just before you cook them.

If desired, marinate shrimp ahead of time and overnight in cilantro-lime condiment.

STEP 1 Bring 8 cups of water to a boil in a large saucepan. When the water reaches a boil, add 1 tbsp. salt and brown rice. Boil the rice, stirring occasionally, until tender, approximately 35-40 minutes. Taste the rice to see if it's cooked to your preferred texture. Cook for an additional 5 minutes, if needed. Drain well and return to pot. Keep covered until ready to serve.

STEP 2 Prepare vegetables. Slice cabbage into thin ribbons. Add to a medium sized mixing bowl. Set aside. Using a cheese grater or vegetable peeler, carefully shred the carrots into small thin ribbons. Add to the bowl with the cabbage. Toss with the lime yogurt sauce. Season with 1/2 tsp. salt and pepper. Toss to combine fully. Set aside in the fridge until ready to serve.

STEP 3 Add 1 tbsp. oil to a large cast iron skillet or saute pan over medium-high heat. Add shrimp and cilantro - lime condiment to pan. Cook about 1 minute on each side or until shrimp becomes pink and opaque and tails curl inward. Remove shrimp from pan along with any leftover sauce, set aside.

STEP 4 To assemble. Scoop a portion of brown rice into a bowl. Top with shrimp and any remaining cilantro - lime condiment. Serve with a side of red cabbage and carrot slaw. Alternatively, serve with the slaw on top of shrimp and rice. Enjoy!

Baja Bowl with Cilantro-Lime Shrimp

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Rose's Seafood Co. Gulf Shrimp, thawed, peeled
J & B Farm Red Cabbage, outerer leaves and core removed, washed
Gundermann Acres Carrots, greens removed, washed, peeled (optional)
Farmhouse Kitchen Cilantro - Lime Condiment
Farmhouse Kitchen Lime Yogurt Sauce
Gulf Pacific Brown Rice
Olive or Canola Oil
Salt and Pepper

NOTE: You can devein shrimp before or after cooking. Deveining after cooking allows your meal to absorb more flavor from the shell. To remove head, gently twist off. To devein, pull legs off in clumps until all are removed, discard. Starting at the head slip fingers under shell and remove in one piece. Use a paring knife to make a ¼" slit along shrimp's back. Use the paring knife to begin removing vein, pull vein out gently in one piece; discard. Rinse hands and shrimp to ensure all vein has been removed. Place shrimp in a bowl of ice water or in the refrigerator until just before you cook them.

If desired, marinate shrimp ahead of time and overnight in cilantro-lime condiment.

STEP 1 Bring 8 cups of water to a boil in a large saucepan. When the water reaches a boil, add 1 tbsp. salt and brown rice. Boil the rice, stirring occasionally, until tender, approximately 35-40 minutes. Taste the rice to see if it's cooked to your preferred texture. Cook for an additional 5 minutes, if needed. Drain well and return to pot. Keep covered until ready to serve.

STEP 2 Prepare vegetables. Slice cabbage into thin ribbons. Add to a medium sized mixing bowl. Set aside. Using a cheese grater or vegetable peeler, carefully shred the carrots into small thin ribbons. Add to the bowl with the cabbage. Toss with the lime yogurt sauce. Season with 1 tsp. salt and pepper. Toss to combine fully. Set aside in the fridge until ready to serve.

STEP 3 Add 2 tbsp. oil to a large cast iron skillet or saute pan over medium-high heat. Add shrimp and cilantro - lime condiment to pan. Cook about 1 minute on each side or until shrimp becomes pink and opaque and tails curl inward. Remove shrimp from pan along with any leftover sauce, set aside. (NOTE: You may need to cook shrimp in multiple batches)

STEP 4 To assemble. Scoop a portion of brown rice into a bowl. Top with shrimp and any remaining cilantro - lime condiment. Serve with a side of red cabbage and carrot slaw. Alternatively, serve with the slaw on top of shrimp and rice. Enjoy!

STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Gulf Shrimp - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Red Cabbage - Store in the crisper drawer of the refrigerator. Use within 5 days.

Carrot - Remove top greens, if any. Store carrots in the crisper drawer of the refrigerator, and use within 5 days.

Cilantro - Lime Condiment - Store in the refrigerator. Use within 5 days. (Ingredients: Villa Klehr cilantro, garlic, fresno chili flake, cumin, G & S Groves lime juice, canola oil, extra virgin olive oil, salt)

Lime Yogurt Sauce - Store in the refrigerator. Use within 5 days. (Ingredients: G & S Groves lime juice, White Mountain Greek yogurt, garlic oil, lemon pepper, salt)

Brown Rice - Keep in a cool, dry place in the kitchen until ready to use.

***Contains dairy, fish or shellfish inclusive ingredients.**

****Not made with gluten, egg, nuts or, peanut containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**

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