

Calabrian Shrimp & Orzo with Zucchini & Parmesan

🕒 20 MIN

2 Servings

Wellness at Blue Apron

Find recipes that suit your lifestyle with our new nutritionist-approved dietary tags.

Vegetarian

Our vegetarian recipes contain no meat, poultry, fish, or seafood, but may include eggs, and animal-based dairy products, such as cheese and sour cream, as well as honey.

600 Calories Or Less

All of these delicious recipes come in at 600 calories or less per serving, ideal for those who choose to monitor their caloric intake, without sacrificing flavor. The US Food & Drug Administration recommends a 2000 calorie daily intake for the general population. The 600 calorie cap equates to 30% of total 2000 calories per day based on 3 meals per day with 200 calories remaining for snack or beverage.

WW Recommended

If you spot the WW logo next to a recipe, get excited! These recipes factor in calories, sugar, saturated fats, and protein to help guide you toward nutritious foods—while still keeping dinner satisfying and delicious. PersonalPoints™ are assigned to recipes on an “as packaged” basis. To learn more about WW (formerly Weight Watchers) visit our partner’s website at WW.com.

Carb Conscious

Our Carb Conscious recipes provide a balanced approach to carbohydrate consumption by replacing refined carbohydrates from sources like white flour, rice, and cane sugar with high-fiber foods like fresh vegetables, fruits, and whole grains. Our Carb Conscious recipes have 42g or less of net carbohydrates (total carbohydrates minus dietary fiber) per serving, a 25% reduction in net carbs compared to the average Blue Apron recipe served in 2019. Due to the natural variation in size of and contribution of produce in our recipes, some recipes can be badged as Carb Conscious at 45g or less net carbs per serving.

From the Test Kitchen

This crowd-pleasing dish highlights tender orzo pasta and plump shrimp, which get vibrant depth of flavor (and the perfect amount of mild heat) from a coating of hot red chile paste.

Nutrition

PER SERVING

Calories

520 Cals (est.)

fresh ingredients

10 oz Tail-On Shrimp (Peeled & Deveined)

4 oz Orzo Pasta

2 cloves Garlic

1 Zucchini

1 Lemon

1½ tsps Calabrian Chile Paste

1 Tbsp Capers

¼ cup Grated Parmesan Cheese



2 Tbsps Mascarpone Cheese



step-by-step instructions



1 Prepare the ingredients

Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high. Wash and dry the fresh produce. Halve the **zucchini** lengthwise, then thinly slice crosswise. Quarter and deseed the **lemon**. Peel and roughly chop **2 cloves of garlic**. Pat the **shrimp** dry with paper towels; remove the tails, if desired. Place in a bowl; add the **chopped garlic**, **capers**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with **olive oil** and season with salt and pepper; stir to coat.



2 Cook the pasta

Add the **pasta** to the pot of boiling water. Cook, uncovered, 7 to 9 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.



3 Cook the zucchini

Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot. Add the **sliced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring occasionally, 1 to 2 minutes, or until softened. Transfer to a plate. Wipe out the pan.



4 Cook the shrimp

In the same pan, heat a drizzle of **olive oil** on medium-high until hot. Add the **prepared shrimp** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque. Continue to cook, stirring frequently, 1 to 2 minutes, or until opaque and cooked through. Turn off the heat.



5 Finish & serve your dish

To the pot of **cooked pasta**, add the **cooked shrimp**, **cooked zucchini**, **mascarpone**, and **the juice of 2 lemon wedges**. Stir to combine. Taste, then season with salt and pepper if desired. Serve the **finished shrimp and pasta** garnished with the **parmesan**. Serve the **remaining lemon wedges** on the side. Enjoy!