



SuperQuick Greek-Style Shrimp

with Yogurt Sauce and Side Salad

15-Minute Dinner 15 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Salmon Fillets skin-on
250 g | 500 g

Double



Shrimp
570 g | 1140 g



Shrimp
285 g | 570 g



Basmati Rice
¼ cup | 1 ½ cups



Vegetable Stock Powder
7.5 g | 15 g



Yogurt Sauce
3 tbsp | 6 tbsp



Red Wine Vinegar
½ tbsp | 1 tbsp



Garlic Puree
1 tbsp | 2 tbsp



Tomato
1 | 2



Feta Cheese, crumbled
¼ cup | ½ cup



Spring Mix
56 g | 113 g



Lemon-Pepper Seasoning
3 g | 6 g



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Pantry items | Butter, oil, sugar, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer, whisk

1



Cook rice

- Before starting, to a medium pot, add **1 cup** (2 cups) **water**. Cover and bring to a boil over high.
- Wash and dry all produce. Using a strainer, rinse **rice** until water runs clear.
- Add **rice**, **stock powder** and **1 tbsp** (2 tbsp) **butter** to the boiling water.
- Reduce heat to low. Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

2



Cook shrimp

 Swap | **Salmon Fillets skin-on**

 **×2 Double** | **Shrimp**

- Meanwhile, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **Lemon-Pepper Seasoning** (use all for 4 servings) and **salt**.
- Heat a large non-stick pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **shrimp** and **garlic puree**. Cook for 2-3 min, stirring occasionally, until **shrimp** just turn pink.**
- Remove from heat, then cover to keep warm.

3



Prep

- Meanwhile, core, then chop **tomato**.

4



Make salad

- To a large bowl, add **half the vinegar** (use all for 4 servings), $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes**, **spring mix** and **feta**.
- Just before serving, toss to combine.

5



Finish and serve

- Fluff **rice** with a fork.
- Divide **shrimp**, **rice** and **salad** between plates.
- Serve **yogurt sauce** alongside or drizzle over top.


Measurements within steps | **1 tbsp** (2 tbsp) **oil**

2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Cook salmon

 Swap | **Salmon Fillets skin-on**

If you've opted for **salmon**, pat **salmon** dry with paper towels. Season in the same way the recipe instructs you to season **shrimp**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **salmon**. Pan-fry for 3-5 min per side, until golden and cooked through.** Break **salmon** up into large flakes, removing and discarding skin. Reduce heat to medium. Add **garlic puree**. Cook for 30 sec, until fragrant. Transfer to a plate.

2 | Cook shrimp

 **×2 Double** | **Shrimp**

If you've opted for **double shrimp**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of shrimp**. Work in batches, if necessary.

** Cook seafood and fish to minimum internal temperatures of 165°F and 158°F respectively, as size may vary.