



Gambas Pil Pil-Inspired Bowls

with Arugula and Feta Side Salad

Keto Special

Quick

25 Minutes



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Shrimp



Zucchini



Green Bell Pepper



Garlic, cloves



Balsamic Vinegar



Baby Heirloom
Tomatoes



Smoked Paprika-
Garlic Blend



Feta Cheese, block



Sweet Bell Pepper



Lemon



Red Chili Pepper



Arugula and Spinach
Mix



Parsley

HELLO GAMBAS PIL PIL

Garlic and chilli prawns, known in Spain as gambas pil pil, is a classic dish served in tapas bars!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Heat Guide for Step 4:

- Mild: ¼ tsp (½ tsp)
- Medium: ¼ tsp (½ tsp)
- Spicy: ½ tsp (1 tsp)
- Extra-spicy: 1 tsp (2 tsp)

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, zester, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Zucchini	100 g	200 g
Green Bell Pepper	200 g	400 g
Garlic, cloves	2	4
Balsamic Vinegar	1 tbsp	2 tbsp
Baby Heirloom Tomatoes	113 g	227 g
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Feta Cheese, block	100 g	200 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	2
Red Chili Pepper 🌶️	1	2
Arugula and Spinach Mix	56 g	113 g
Parsley	7 g	14 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.



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1



Roast veggies

- Halve, then cut **half the zucchini** into ¼-inch rounds (whole zucchini for 4 ppl).
- Core, then cut **pepper** into ¼-inch cubes.
- Add **peppers, zucchini** and **½ tbsp** (1 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, if desired, then toss to coat.
- Roast in the **middle** of the oven until tender-crisp, 10-12 min.

4



Cook shrimp

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **garlic, shrimp, Smoked Paprika-Garlic Blend, ¼ tsp** (½ tsp) **lemon zest** and **¼ tsp** **chilis**. (NOTE: Reference heat guide.)
- Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Remove the pan from heat. Add **half the lemon juice**. Stir to combine.

2



Prep

- Halve **tomatoes**.
- Zest, then juice **lemon**.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Finely chop **chili**, removing seeds for less heat. (TIP: We suggest using gloves when prepping chilis!)

5



Dress roasted veggies

- Add **roasted veggies, half the parsley** and **remaining lemon juice** to a large bowl.
- Crumble **feta** over top, then toss to combine.

3



Toss salad

- Whisk together **½ tbsp** (1 tbsp) **oil** and **vinegar** in a medium bowl.
- Add **arugula and spinach mix** and **tomatoes**. Season with **salt** and **pepper**, then toss to combine.
- Set aside.

6



Finish and serve

- Divide **salad, roasted veggies** and **shrimp** between plates.
- Drizzle **any remaining sauce** from the pan over **shrimp**.
- Sprinkle **remaining parsley** over top.

Dinner Solved!