

Seasoned Shrimp and Roasted Potatoes

with Cucumber and Feta Spinach Salad

Quick

30 Minutes



Shrimp



Russet Potato



Old Bay Seasoning



Garlic Puree



Lemon



Parsley



Baby Spinach



Mini Cucumber



Feta Cheese,
crumbled

HELLO OLD BAY

The perfect combination of spices and seasoning to make your seafood dinners pop!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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
Russet Potato	460 g	920 g
Old Bay Seasoning	½ tbsp	1 tbsp
Garlic Puree	1 tbsp	2 tbsp
Lemon	1	1
Parsley	7 g	14 g
Baby Spinach	56 g	113 g
Mini Cucumber	66 g	132 g
Feta Cheese, crumbled	¼ cup	½ cup
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Roast potatoes

Cut **potatoes** into ½-inch wedges. Add **potatoes, 1 tbsp oil** and **½ tsp Old Bay Seasoning** (dbl both for 4 ppl) to a baking sheet. Toss to combine. Roast in the **middle** of the oven, until golden-brown, 25-28 min.



Prep

While the **potatoes** cook, zest, then juice the **lemon**. Cut the **cucumber** in half lengthwise, then into ¼-inch half-moons. Roughly chop the **parsley**. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.



Cook shrimp

Add **shrimp, garlic puree, 1 tsp Old Bay Seasoning** and **½ tbsp oil** (dbl both for 4 ppl) to a medium bowl. Toss to coat. Heat a large non-stick pan over medium-high heat. When hot, add the **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. ** (NOTE: Don't overcrowd the pan; cook in 2 batches for 4 ppl.)



Make salad

Whisk together the **lemon juice, ½ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add the **spinach** and **cucumbers**. Season with **salt** and **pepper**, then toss to combine.



Finish and serve

Add **lemon zest, 1 tbsp butter** (dbl for 4 ppl) and **half the parsley** to the pan with the **shrimp**, then toss to coat. Divide the **potatoes** between plates. Top with the **shrimp**. Divide the **spinach salad** between plates and sprinkle **feta** and **remaining parsley** over top.

Dinner Solved!