

DINNERLY



Popcorn Large Shrimp with Green Bean Fries & Chipotle Dip



20-30min



2 Servings

Sweet, tender shrimp fried to a crispy golden brown are hard to beat. Here at Dinnerly, we pair our popcorn shrimp with roasted green beans and a chipotle dressing for a pretty perfect (and low carb!) meal.

WHAT WE SEND

- ½ lb green beans
- ¼ oz steak seasoning
- 1 oz chipotle chiles in adobo sauce
- 10 oz pkg shrimp ²
- 2 oz mayonnaise ^{3,4}

WHAT YOU NEED

- all-purpose flour ¹
- neutral oil
- kosher salt & ground pepper

TOOLS

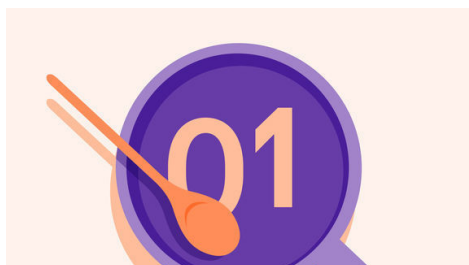
- rimmed baking sheet
- medium heavy skillet, preferably cast iron

ALLERGENS

Wheat (1), Shellfish (2), Egg (3), Soy (4).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

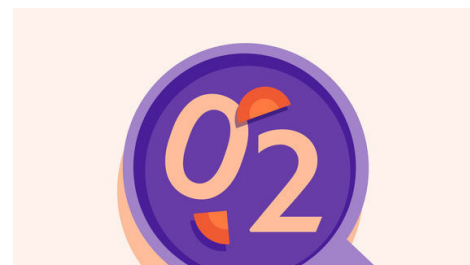
NUTRITION PER SERVING

Calories 510kcal, Fat 39g, Carbs 20g,
Protein 26g



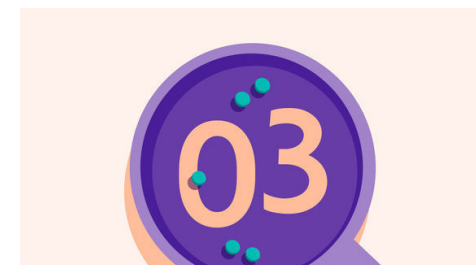
1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Trim ends from **green beans**.



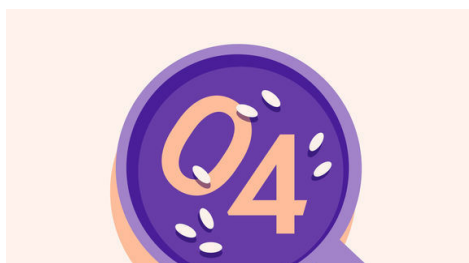
2. Coat shrimp

Rinse **shrimp**, then pat dry (First thaw under cool running water, if necessary). Combine ¼ **cup flour** and 1 **teaspoon steak seasoning** in a sealable bag. Add shrimp, seal, and shake until well-coated. Remove shrimp from bag, tap off excess flour, and transfer to a plate; discard remaining flour from bag.



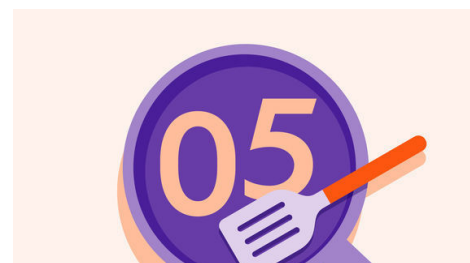
3. Roast green bean fries

On a rimmed baking sheet, toss **green beans** with 1 **tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until tender and browned in spots, 8–10 minutes.



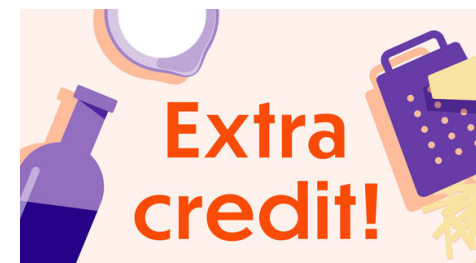
4. Fry shrimp

Meanwhile, heat ¼ **inch oil** in a medium skillet (preferably cast-iron) over medium-high until shimmering (a pinch of flour dropped into oil should sizzle and turn golden). Add **shrimp** and cook, turning once, until golden and crispy all over, 2–3 minutes. Transfer to a paper towel-lined plate to drain.



5. Make dip & serve

In a small bowl, whisk to combine **mayo** and 1 **teaspoon chipotle** (or less depending on heat preference). Serve **shrimp** with **green beans** and **dipping sauce** alongside. Enjoy!



6. How to: Pan-Fry!

Pssst! We have a couple tricks for ensuring your pan-fry yields the perfect crunch. First, make sure your oil is hot, hot, hot (if you drop a pinch of breading into the oil, it should sizzle vigorously). Second, when working in batches, always make sure your oil comes back up to temperature between frying.