

# DINNERLY



## Garlic-Butter Shrimp with Roasted Green Beans & Mashed Potatoes

 20-30min  2 Servings

New year, new you—we get it! But, let's not lie to ourselves. No one wants dry spinach and poached chicken. No one. So, that's where this low-calorie, no-gluten-added, and flavor-packed dinner comes into play. Best part? It comes together in less than 30 minutes—so, you can hit the gym or meditate...or, none of the above? We've got you covered!

## WHAT WE SEND

- 1 russet potato (1 lb)
- garlic (use 1 large clove)
- 1 oz scallions
- ½ lb pkg shrimp<sup>3</sup>
- 4 oz green beans
- 1 oz pkt cream cheese<sup>2</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- all-purpose flour<sup>1</sup>
- butter<sup>2</sup>
- white wine vinegar (or apple cider vinegar)

## TOOLS

- medium saucepan
- colander
- rimmed baking sheet
- medium skillet
- potato masher or fork

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 550kcal, Fat 31g, Carbs 48g, Protein 23g



### 1. Cook potato

Preheat oven to 450°F with a rack in the upper third. Peel **potatoes** and cut into 1-inch pieces. Place potatoes in a medium saucepan with enough **salted water** to cover by 1 inch; cover and bring to a boil. Cook, uncovered, until potatoes are tender when pierced, 10–12 minutes. Reserve  $\frac{1}{3}$  **cup cooking water**. Drain, return to saucepan, and cover to keep warm.



### 4. Cook shrimp & sauce

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **shrimp, chopped garlic**, and **1 teaspoon flour**; cook, stirring, until shrimp are just pink, 1–2 minutes. Add **scallions, 2 tablespoons butter**, and  $\frac{1}{4}$  **cup water**; cook until butter melts and sauce is thickened slightly, about 2 minutes. Stir in  $\frac{1}{2}$  **teaspoon vinegar**.



### 2. Roast green beans

Peel and finely chop **1 teaspoon garlic**. Trim ends from **scallions**, then thinly slice. Pat **shrimp** dry, then season with **salt and pepper**. Trim ends from **green beans**; toss on a rimmed baking sheet with **1 teaspoon oil** and **a pinch each salt and pepper**. Roast on upper oven rack until tender and browned in spots, 8–10 minutes.



### 5. Serve

Serve **garlic-butter shrimp** with **roasted green beans** and **mashed potatoes** alongside. Spoon **any remaining garlic-butter** sauce over top. Enjoy!



### 3. Mash potatoes

Meanwhile, return saucepan with **potatoes** to medium heat; stir in **cream cheese, 1 tablespoon oil**, and **reserved cooking water**. Mash with a potato masher or fork until smooth; season to taste with **salt and pepper**. Remove from heat and cover to keep warm.



### 6. Carbo-load!

For the ultimate indulgence, serve this dish with some crusty bread, to drag through the creamy garlic-butter sauce.