



Low-Cal Sheet Pan Shrimp Tacos

with Fresh Salsa & Sour Cream



20-30min



2 Servings

There's a lot to love about tacos but a messy stovetop is not one of them. We ditch the skillet and opt for this one baking sheet version. It's easier to pull off and still packs the same punch. Shrimp coated in taco seasoning broil alongside bell peppers and onions. Then have it your way! Assemble the tacos at the table with warm tortillas, homemade salsa, and sour cream for a mix-and-match taco night.

What we send

- 4 oz vine-ripened tomatoes
- garlic
- ½ oz fresh cilantro
- 1 bell pepper
- 1 medium red onion
- 10 oz wild US Gulf shrimp (use immediately or freeze until ready to use) ²
- ¼ oz taco seasoning
- 2 oz sour cream ⁷
- 6 (6-inch) flour tortillas ¹

What you need

- apple cider vinegar (or red wine vinegar)
- neutral oil
- kosher salt & pepper

Tools

- rimmed baking sheet

Allergens

Wheat (1), Shellfish (2), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 590kcal, Fat 28g, Carbs 55g, Proteins 34g



1. Make salsa

Preheat broiler with the top rack 6 inches from heat source. Core **tomatoes**, then finely chop. Finely chop **1 teaspoon garlic**. Coarsely chop **cilantro leaves and stems**. In a medium bowl, combine **tomatoes, cilantro, and half of the chopped garlic**. Stir in **1 teaspoon each of vinegar and oil**; season to taste with **salt and pepper**. Set aside until ready to serve.



2. Prep veggies

Halve **pepper**, remove stem and seeds, then slice into ½-inch wide strips. Halve and cut **all of the onion** into ½-inch thick wedges through the root end.



3. Broil veggies

On a rimmed baking sheet, toss **onions and peppers** with **1 tablespoon oil** and season with **salt and pepper**. Broil on top oven rack until tender, about 6-8 minutes (watch closely as broilers vary).



4. Season shrimp

Rinse **shrimp**, then pat very dry. (First thaw under cool running water, if necessary.) Transfer to a medium bowl and toss with **remaining chopped garlic, 2 teaspoons oil, and 1 teaspoon taco seasoning**.



5. Broil shrimp

Place **shrimp** on baking sheet with **veggies**. Broil on top oven rack until shrimp are pink and just cooked through, and vegetables are deeply browned in spots, about 3-4 minutes (watch closely).



6. Finish & serve

In a small bowl, slightly thin **all of the sour cream** adding **1 teaspoon water** at a time as needed. Season to taste with **salt and pepper**. Toast **tortillas** over a flame (or under the broiler on a sheet of foil), turning frequently, until warm, 10-15 seconds per side. Wrap in foil to keep warm. Serve **shrimp and veggies** with **salsa, sour cream, and warm tortillas**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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