

DINNERLY



Low-Cal Shrimp Souvlaki Pita with Cucumber-Tomato Salad & Garlic Sauce



20-30min



2 Servings

This meal comes together faster than you can say shrimp souvlaki five times fast! Okay, we don't have the statistics to prove that, but we've tossed the skewers out of this quick-cooking souvlaki to make it fuss-free and every bit just as tasty. We've got you covered!

WHAT WE SEND

- 1 cucumber
- 2 plum tomatoes
- 2 (1 oz) sour cream ⁷
- ½ lb pkg shrimp ^{2,17}
- ¼ oz dried oregano
- 2 Mediterranean pitas ^{1,6,11}

WHAT YOU NEED

- garlic
- olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper

TOOLS

- medium skillet

COOKING TIP

Use shrimp immediately or freeze.

ALLERGENS

Wheat (1), Shellfish (2), Soy (6), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 570kcal, Fat 30g, Carbs 47g, Protein 28g



1. Prep ingredients

Finely chop **2 teaspoons garlic**.

Peel **cucumber**, then halve lengthwise and scoop out seeds with a spoon; cut into ½-inch pieces.

Halve **tomato** lengthwise, then cut into ½-inch pieces.



2. Marinate veggies

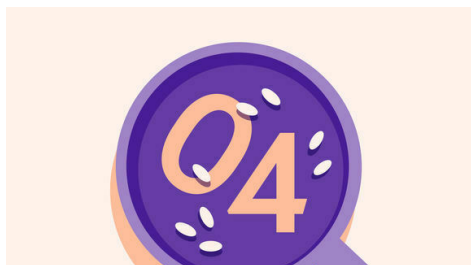
In a medium bowl, whisk to combine **2 tablespoons oil** and **1 tablespoon vinegar**; season to taste with **salt** and **pepper**. Add **cucumbers** and **tomatoes** to dressing and toss to coat. Set aside until ready to serve.



3. Make sauce & prep shrimp

In a small bowl, stir to combine **all of the sour cream** and ½ **teaspoon of the chopped garlic**. Thin sauce slightly by adding **1 teaspoon water** at a time, as needed. Season to taste with **salt** and **pepper**.

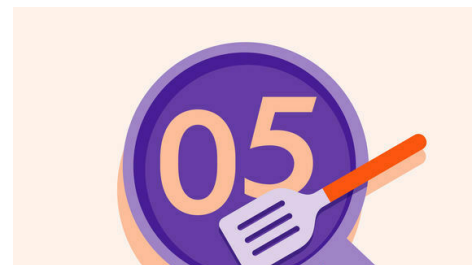
Rinse **shrimp** and pat very dry (first thaw under cool running water, if necessary); lightly season with **salt** and **pepper**.



4. Cook shrimp

Preheat broiler with top rack 6 inches from heat source.

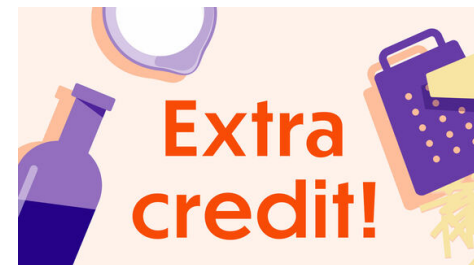
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **shrimp**, **1 teaspoon oregano**, and **remaining chopped garlic**; cook, stirring occasionally, until shrimp are lightly browned and cooked through, 3–4 minutes. Add **1 tablespoon water**, scraping up browned bits from bottom of skillet. Season with **salt** and **pepper**.



5. Toast pitas & serve

Place **pitas** directly on top oven rack and toast until soft, about 1 minute per side (watch closely as broilers vary).

Serve **shrimp** on top of **toasted pitas**. Using a slotted spoon, top with **some of the salad**, then drizzle with **garlic sauce**. Serve **remaining salad** alongside. Enjoy!



6. Take it to the next level

If you're looking to bulk up this pita, stuff it with arugula, crumbled feta, and some chopped herbs.