



Low-Cal Shrimp & Quinoa Tabbouleh

with Feta & Dill



under 20min



2 Servings

Whether you're at home or at work (or if that's the same place)—treat yourself! Put down the instant noodles! Unhand the soggy sandwich! This amped up kale salad is everything a salad should be: easy, quick, light enough to not weigh you down, but filling enough to keep you going.

What we send

- 1 lemon
- 1 plum tomato
- ¼ oz fresh dill
- 10 oz ready to heat quinoa-kale blend
- 10 oz pkg shrimp ²
- garlic
- 2 oz feta ⁷

What you need

- olive oil
- sugar
- kosher salt & ground pepper

Tools

- microplane or grater
- microwave
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 450kcal, Fat 23g, Carbs 34g, Protein 34g



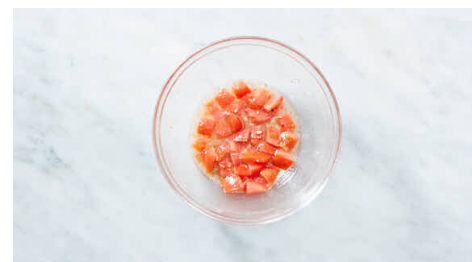
1. Prep ingredients

Finely chop **1 teaspoon garlic**. Finely grate **½ teaspoon lemon zest**, then squeeze **1 teaspoon lemon juice** into a medium bowl. Cut any remaining lemon into wedges. Core **tomato**, then cut into ½-inch pieces. Finely chop **dill fronds and stems**.



4. Cook shrimp

Rinse **shrimp**, then pat dry. (First thaw under cool running water, if necessary.) Heat **a drizzle of oil** in a medium nonstick skillet over medium-high. Add shrimp and season with **salt and pepper**. Cook until shrimp are curled and just cooked through, 2-3 minutes. Stir in **lemon zest and remaining garlic**. Remove skillet from heat.



2. Marinate tomatoes

To medium bowl with **lemon juice**, add **half of the garlic, 2 teaspoons oil**, and **a pinch of sugar**; stir to combine. Stir in tomatoes and season to taste with **salt and pepper**.



5. Eat now!

Fluff **kale-quinoa blend** with a fork, then transfer mixture and **half of the dill** to bowl with **tomatoes**; stir to combine. Serve **shrimp** over **kale-quinoa blend and tomatoes**. Squeeze **any lemon wedges** on top and drizzle with **a little oil**. Garnish with crumbled **feta** and **remaining dill**. Enjoy!



3. Heat quinoa-kale blend

Transfer **quinoa-kale blend** to a microwave-safe bowl. Partially cover with a microwave-safe lid and microwave on high until warm, 2-3 minutes. (Alternatively, heat **1 teaspoon oil** in a small pot over medium; add **quinoa-kale blend** and **1 tablespoon water** to pot. Cook, stirring occasionally, until warm, 3-5 minutes.) Let stand at room temperature while you cook the shrimp.



6. Eat later!

Transfer **quinoa-kale blend, dill, and shrimp** to bowl with **tomatoes**; stir to combine. Season to taste with **salt and pepper**. Store in an airtight container in the refrigerator. Just before serving, squeeze **any lemon wedges** on top, drizzle with **a little oil**, and season to taste with **salt and pepper**. Crumble **feta** over top just before serving. Enjoy!