



## Low-Cal Wild 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 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

- garlic
- 1 lemon
- 1 plum tomato
- ¼ oz fresh dill
- 10 oz ready to heat quinoa-kale blend
- 10 oz pkg wild caught shrimp <sup>2</sup>
- 2 oz feta <sup>7</sup>

## 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 500kcal, Fat 24g, Carbs 34g, Protein 41g



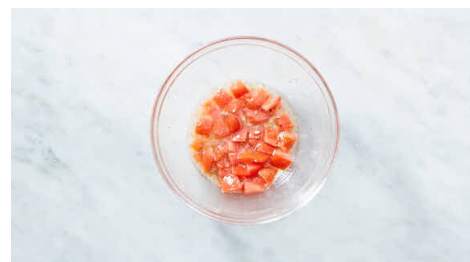
### 1. Prep ingredients

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. Finish & serve

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. Want to eat it 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.