



Fast! Wild Shrimp & White Bean Sauté

with Crusty Herb Rolls



under 20min



2 Servings

This 20-minute meal will transport you to The French Riviera. Hearty white beans and juicy wild-caught shrimp come together with veggies and aromatics in a quick one-skillet sauté. Toasted bread soaks up tarragon-infused oil, which adds a sweet-anise like flavor. Use them to sop up the seafood broth, you won't want to waste a drop!

What we send

- 15 oz can cannellini beans
- 2 scallions
- 2 oz celery
- 1 carrot
- ¼ oz fresh tarragon
- 2 mini French rolls ¹
- 10 oz wild-caught shrimp ²
- 1 pkt seafood broth concentrate ^{2,4}

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar) ¹⁷

Tools

- medium skillet

Allergens

Wheat (1), Shellfish (2), Fish (4), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 34g, Carbs 45g, Protein 40g



1. Prep ingredients

Rinse and drain **beans**. Trim **scallions**, then thinly slice, keeping dark greens separate. Trim ends from **celery**, then thinly slice. Scrub **carrot**, then halve lengthwise, and thinly slice into half-moons. Pick and finely chop **2 teaspoons tarragon leaves**; discard stems. Halve **rolls** lengthwise.



4. Make tarragon oil

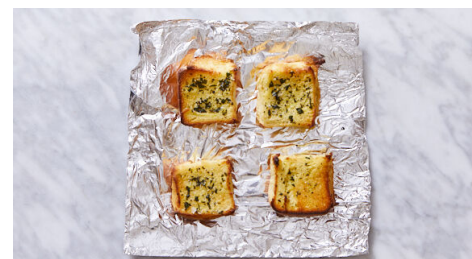
Preheat broiler with a rack in the top position.

In a medium bowl, combine **tarragon** and **3 tablespoons oil**; season with **salt** and **pepper**. Brush cut sides of **rolls** with **some of the tarragon oil**, then place on a piece of foil, **oiled** side up.



2. Sauté shrimp

Rinse **shrimp**, then pat dry. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add shrimp and cook, stirring occasionally, until pink and cooked through, 2-3 minutes. Transfer to a plate.



5. Toast rolls

Broil **rolls** on top oven rack until golden and crisp, 1-3 minutes (watch closely as broilers vary).



3. Cook vegetables & sauce

Heat **1 tablespoon oil** in same skillet over medium-high. Add **celery, carrots, and scallion whites and light greens**; season with **a pinch of salt**. Cook, stirring, until vegetables are softened, 2-3 minutes. Stir in **broth concentrate, beans, 1 cup water**, and **¼ teaspoon vinegar**. Bring to a boil and cook until carrots are tender, 2-3 minutes.



6. Finish & serve

Add **shrimp** to skillet with **vegetables and beans**. Cook, stirring, until warmed through, about 1 minute. Season to taste with **salt** and **pepper**.

Spoon shrimp, beans, and vegetables into bowls. Sprinkle **scallion dark greens** on top and drizzle **any remaining tarragon oil** over before serving, if desired, with **toasted rolls** for dipping. Enjoy!