



Low-Cal Shrimp Boil Packets with Corn & Potatoes



30-40min



2 Servings

Half the fun of getting a present is unwrapping it! So when you unwrap this shrimp boil packet and the steam from the succulent, buttery shrimp, corn, and potatoes hits your face, it'll practically feel like Christmas morning. We've got you covered!

WHAT WE SEND

- 2 red potatoes
- ¼ oz seafood seasoning
- 5 oz corn
- ¼ oz fresh parsley
- 10 oz pkg shrimp ²

WHAT YOU NEED

- olive oil
- garlic
- kosher salt & ground pepper
- butter ⁷

TOOLS

- microwave
- aluminium foil or parchment paper
- rimmed baking sheet

COOKING TIP

Use shrimp immediately or freeze.

ALLERGENS

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

NUTRITION PER SERVING

Calories 440kcal, Fat 20g, Carbs 41g, Protein 28g



1. Microwave potatoes

Preheat oven to 450°F with a rack in the center.

Scrub **potatoes**, then cut into 1-inch pieces. Place in a medium microwave-safe bowl. Cover and microwave on high until just tender but not falling apart, stirring halfway through cooking time, about 5 minutes. If potatoes aren't tender, continue to microwave in 1 minute intervals.

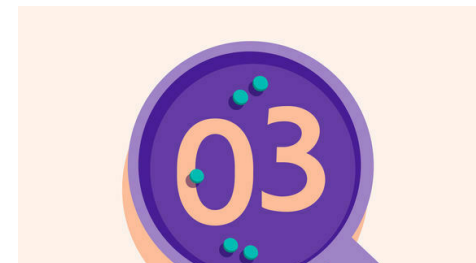


2. Prep shrimp

Rinse **shrimp** and pat very dry (first thaw under cool running water, if necessary). Toss in a bowl with **all of the seafood seasoning** and **1 tablespoon oil**.

Thinly slice **2 large garlic cloves**.

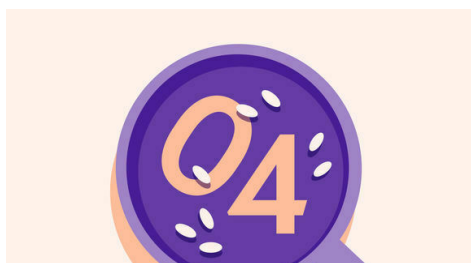
Cut 2 pieces of foil or parchment into 12x20-inch rectangles.



3. Assemble foil packets

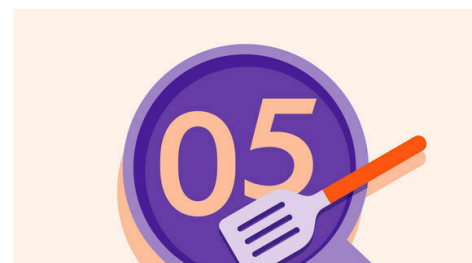
Divide **potatoes** and **corn** between foil or parchment sheets, building piles in the center; season with **salt** and **pepper**. Place **shrimp** and **sliced garlic** over veggies. Top each pile with **1 tablespoon butter**.

Fold foil or parchment over top and pinch edges to seal.



4. Bake foil packets

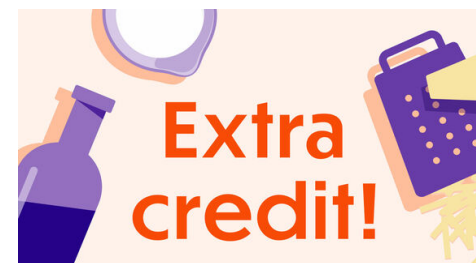
Set packets on a rimmed baking sheet and roast on center oven rack until **shrimp** are just cooked through and **veggies** are tender, 15 minutes. Let packets sit 5 minutes before opening.



5. Finish & serve

While packets bake, coarsely chop **parsley leaves and tender stems**.

Carefully open packets. Serve **shrimp boil packets** garnished with chopped **parsley**. Enjoy!



6. Add some greens

Make a fresh side salad to go with this perfect summer dish! Mix some tomatoes, cucumbers, red onions, and crunchy romaine lettuce together in a bowl with a drizzle of balsamic vinegar and olive oil.