

DINNERLY



Low-Carb Shrimp Caesar Kale Salad with Parmesan Crisps

 20-30min  2 Servings

This isn't your grandma's Caesar salad. For this 21st century makeover, we sub in tender, nutritious kale and make fancy restaurant-quality Parmesan crisps. We toss the kale in a classic Caesar dressing before topping it with juicy shrimp and a shower of Parmesan. The cheese crisps make this salad a special occasion—no matter when you have it. We've got you covered!

WHAT WE SEND

- 1 bunch curly kale
- 2 (¾ oz) Parmesan ⁷
- 2 oz Caesar dressing ^{3,4,6,7}
- 10 oz pkg shrimp ²
- ¼ oz all-purpose spice blend

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- parchment paper
- microplane or grater
- aluminium foil

COOKING TIP

Massaging kale tenderizes it by breaking down some of the tough fibers and infuses it with the seasonings.

ALLERGENS

Shellfish (2), Egg (3), Fish (4), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 520kcal, Fat 28g, Carbs 9g, Protein 34g



1. Prep ingredients

Preheat oven to 400°F with racks in the center and top positions. Line a rimmed baking sheet with parchment.

Strip **kale leaves** from tough stems; discard stems. Cut or tear kale into bite-sized pieces. In a large bowl, massage kale with **2 tablespoons oil**; set aside.

Finely grate all the **Parmesan**.



2. Bake cheese crisps

Add **half of the Parmesan** to the prepared baking sheet and divide into 1 tablespoon-sized piles. Pat each pile into a 2-inch round. Bake on center rack until light golden brown, 6–8 minutes. Let cool on baking sheet for at least 3 minutes then transfer cheese crisps to a plate. Discard parchment paper and line baking sheet with foil. Switch oven to broil.



3. Make dressing

Meanwhile, set aside **1 tablespoon Parmesan** for garnish. In a small bowl, whisk together **Caesar dressing and remaining Parmesan**. Set aside.



4. SHRIMP VARIATION

Rinse **shrimp** and pat dry. Toss in a medium bowl with **all-purpose seasoning** and **1 tablespoon oil**; season with **salt** and **pepper**. Transfer to prepared baking sheet.

Broil on top oven rack until browned in spots and cooked through, 5–7 minutes (watch closely as broilers vary).



5. Finish & serve

Add **dressing to kale**; mix well to coat. Season to taste with **salt** and **pepper**, if necessary.

Divide **salad** between plates. Top with **shrimp**. Sprinkle with **reserved Parmesan** and garnish with **cheese crisps** (break into smaller pieces, if desired). Enjoy!



6. Rate your plate!

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