

DINNERLY



Low-Carb Greek Shrimp with Tomatoes, Feta & Quinoa



20-30min



2 Servings

This shrimp and quinoa dish is so good you'll want to smash plates like you're at a Greek wedding. (But...um...you probably shouldn't do that in your house.) The real kicker is the fresh tomato sauce cooked with a blend of herbs and spices known as za'atar. It adds a bright pop to break out of that pasta rut. We've got you covered!

WHAT WE SEND

- 3 oz white quinoa
- 2 scallions
- 1 plum tomato
- 2 oz feta ⁷
- ½ lb pkg shrimp ^{2,17}
- ¼ oz za'atar spice blend ¹¹

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

- small saucepan
- medium skillet

ALLERGENS

Shellfish (2), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

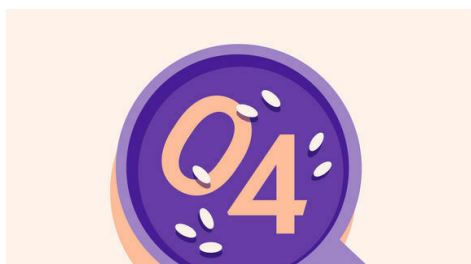
Calories 540kcal, Fat 31g, Carbs 34g, Protein 30g



1. QUINOA VARIATION

Finely chop **1 teaspoon garlic**.

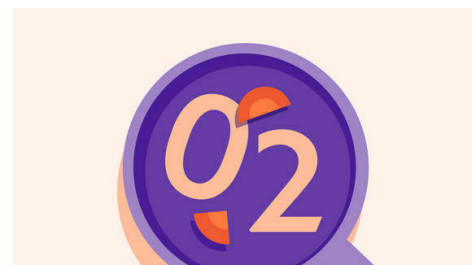
Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **quinoa** and **½ teaspoon of the garlic**. Cook, stirring, until quinoa is toasted, 2–3 minutes. Add **¾ cup water** and **a pinch of salt**. Bring to a boil. Reduce heat to low; cover and cook, stirring occasionally, until tender, 15–20 minutes. Keep covered off heat until ready to serve.



4. Make sauce & add shrimp

Heat **1 tablespoon oil** in same skillet over medium-high. Add **tomatoes, remaining chopped garlic**, and **half of the scallions**; cook, stirring, until fragrant, about 30 seconds.

Add **shrimp** and **¼ cup water**; cook, stirring, until warmed through, about 30 seconds. Off heat, stir in **half of the feta**; season to taste with **salt** and **pepper**.

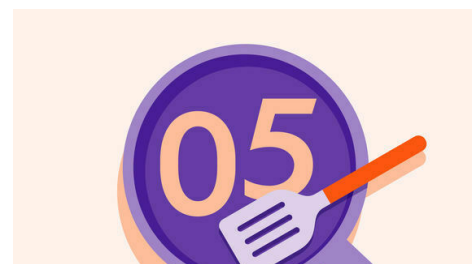


2. Prep ingredients

Trim ends from **scallions**, then thinly slice.

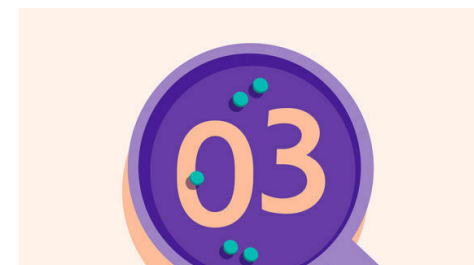
Core **tomato**, then finely chop.

Crumble **feta**.



5. Serve

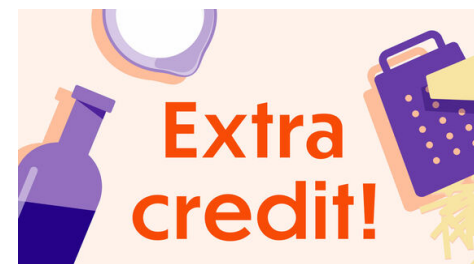
Serve **shrimp and tomatoes** over **quinoa** with **remaining feta and scallions** sprinkled over top. Enjoy!



3. Cook shrimp

Rinse **shrimp** and pat very dry.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add shrimp and **2 teaspoons za'atar spice**; cook, stirring occasionally, until cooked through, 2–3 minutes. Transfer to a bowl.



6. Cheers!

The Mediterranean flavors of this dish are best enjoyed with fresh, youthful wines. Try a sauvignon blanc or a Greek rosé. For beer lovers, go for a pilsner.