

DINNERLY



Low-Cal Garlic-Butter Shrimp with Roasted Green Beans & Mashed Potatoes



20-30min



2 Servings

Low-calorie and bursting with flavor? No one else does it like garlic-butter shrimp. And the best part? This entire meal comes together in less than 30 minutes. We've got you covered!

WHAT WE SEND

- 2 potatoes
- 2 scallions
- 10 oz pkg shrimp ²
- ½ lb green beans

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- all-purpose flour (or gluten-free alternative)
- 4 Tbsp butter ¹
- white wine vinegar (or apple cider vinegar)

TOOLS

- medium saucepan
- rimmed baking sheet
- potato masher or fork
- medium skillet

ALLERGENS

Milk (1), Shellfish (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 640kcal, Fat 38g, Carbs 51g, Protein 26g



1. Cook potatoes

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

Peel **potatoes**; cut into 1-inch pieces. Place in a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high. Uncover and cook until potatoes are tender when pierced with a fork, 10–12 minutes. Reserve **½ cup cooking water**. Drain and return potatoes to saucepan; cover to keep warm until step 3.

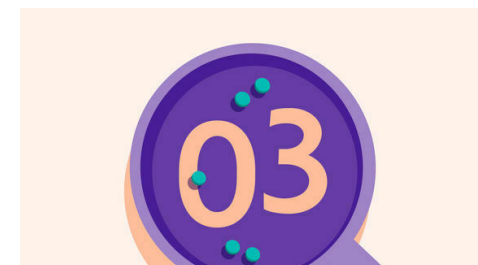


2. Roast green beans

Finely chop **1 teaspoon garlic**. Trim ends from **scallions**; thinly slice.

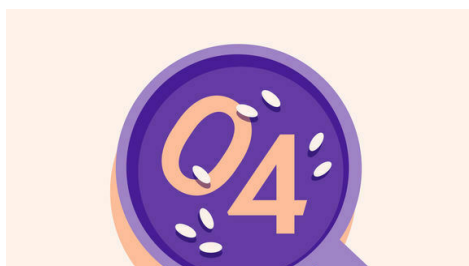
Rinse **shrimp**; pat very dry. Season with **salt** and **pepper**.

Trim ends from **green beans**; toss on a rimmed baking sheet with **1 teaspoon oil** and **a pinch each of salt and pepper**. Roast on upper oven rack until tender and browned in spots, 8–10 minutes.



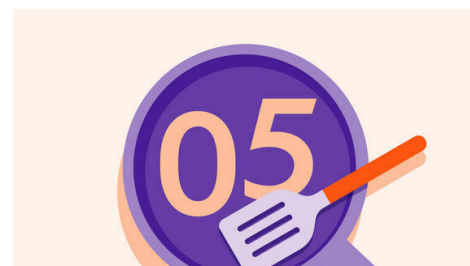
3. Mash potatoes

While **green beans** roast, return saucepan with **potatoes** to medium heat; stir in **2 tablespoons butter** and **reserved cooking water**. Mash with a potato masher or fork until smooth; season to taste with **salt** and **pepper**. Cover to keep warm off heat until ready to serve.



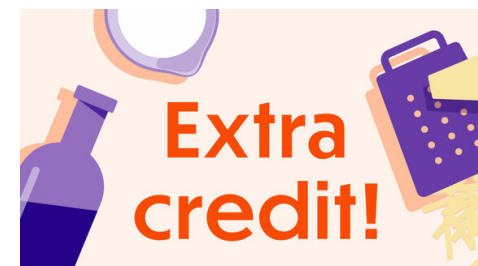
4. Cook shrimp & sauce

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **shrimp, chopped garlic**, and **1 teaspoon flour**; cook, stirring, until shrimp are just pink, 1–2 minutes. Add **scallions, 2 tablespoons butter**, and **¼ cup water**; cook until butter is melted and sauce is slightly thickened, about 2 minutes. Stir in **½ teaspoon vinegar**.



5. Serve

Serve **garlic-butter shrimp** with **roasted green beans** and **mashed potatoes** alongside. Spoon **any remaining garlic-butter** sauce over top. Enjoy!



6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.