



Low-Cal Shrimp Quinoa Bowl

with Kale, Feta & Dill



under 20min



2 Servings

This amped up salad is everything a salad should be: easy, quick, and light, yet filling and satisfying. Succulent shrimp, juicy pops of marinated tomatoes, and creamy feta feel right at home with fluffy quinoa and wilted kale leaves. Just sprinkle it all with fresh dill to bring home the Mediterranean-inspired flavors.

What we send

- 3 oz white quinoa
- 1 bunch curly kale
- garlic
- 1 lemon
- 1 plum tomato
- ¼ oz fresh dill
- 10 oz pkg jumbo shrimp ²
- 2 oz feta ¹

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- small saucepan
- microplane or grater
- medium nonstick 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 450kcal, Fat 16g, Carbs 35g, Protein 36g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes.

Spread out **quinoa** on a plate and cool to room temperature.



2. Prep kale

Strip **half of the kale leaves** from stems (save rest for own use); discard stems. Stack leaves and thinly slice crosswise.

In a large bowl, gently knead and squeeze kale with **½ tablespoon oil** and **a pinch of salt** until leaves are evenly coated and slightly wilted, about 1 minute.



3. Prep ingredients

Finely grate **1 teaspoon each of garlic and lemon zest**. Cut **tomato** into ½-inch pieces. Finely chop **dill fronds**; discard thick stems.

Squeeze **1 tablespoon lemon juice** into a medium bowl. Add **half of the garlic**, **2 tablespoons oil**, and **a pinch of sugar**; stir to combine. Add **tomatoes**; season with **salt** and **pepper**. Cut **remaining lemon** into wedges.



4. Cook shrimp

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

Heat **a drizzle of oil** in a medium nonstick skillet over medium-high. Add **shrimp** and cook until curled and just cooked through, 2-3 minutes. Stir in **lemon zest** and **remaining grated garlic**. Transfer to a plate to cool slightly.



5. Finish & serve

Add **kale**, and **half of the dill** to bowl with **tomatoes**. Toss to combine and season to taste with **salt** and **pepper**. Divide **quinoa** between bowls. Top with **kale & tomato salad**, **shrimp**, **crumbled feta**, and **remaining dill**.

Drizzle **shrimp quinoa bowl** with **olive oil**, if desired. Enjoy!



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