

DINNERLY



Garlic-Butter Shrimp with Roasted Green Beans & Mashed Potatoes



20-30min



2 Servings

New year, new you—we get it! But, let's not lie to ourselves. No one wants dry spinach and poached chicken. No one. So, that's where this low-calorie, no-gluten-added, and flavor-packed dinner comes into play. Best part? It comes together in less than 30 minutes—so, you can hit the gym or meditate...or, none of the above? We've got you covered!

WHAT WE SEND

- 1 russet potato (1 lb)
- garlic (use 1 large clove)
- 1 oz scallions
- ½ lb pkg shrimp ³
- 4 oz green beans
- 1 oz pkt cream cheese ²

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- all-purpose flour ¹
- butter ²
- white wine vinegar (or apple cider vinegar)

TOOLS

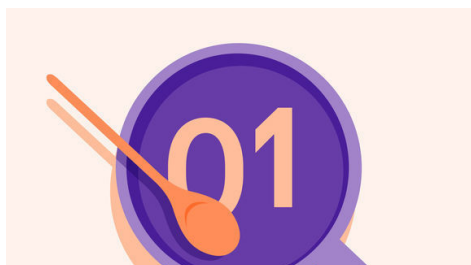
- medium saucepan
- colander
- rimmed baking sheet
- medium skillet
- potato masher or fork

ALLERGENS

Wheat (1), Milk (2), Shellfish (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

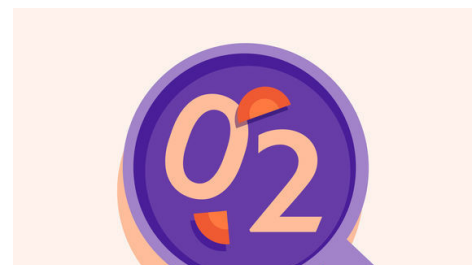
NUTRITION PER SERVING

Calories 550kcal, Fat 31g, Carbs 48g, Protein 23g



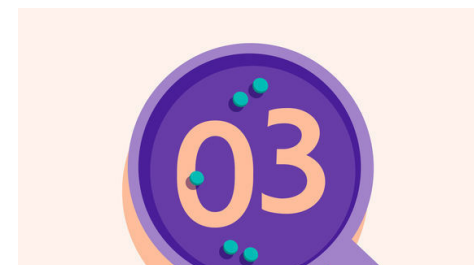
1. Cook potato

Preheat oven to 450°F with a rack in the upper third. Peel **potatoes** and cut into 1-inch pieces. Place potatoes in a medium saucepan with enough **salted water** to cover by 1 inch; cover and bring to a boil. Cook, uncovered, until potatoes are tender when pierced, 10–12 minutes. Reserve $\frac{1}{3}$ **cup cooking water**. Drain, return to saucepan, and cover to keep warm.



2. Roast green beans

Peel and finely chop **1 teaspoon garlic**. Trim ends from **scallions**, then thinly slice. Pat **shrimp** dry, then season with **salt** and **pepper**. Trim ends from **green beans**; toss on a rimmed baking sheet with **1 teaspoon oil** and **a pinch each salt and pepper**. Roast on upper oven rack until tender and browned in spots, 8–10 minutes.



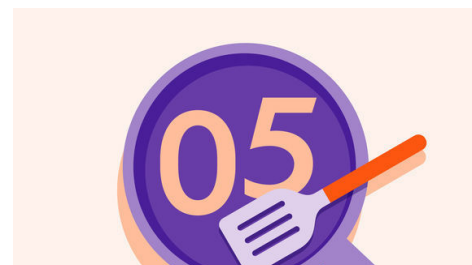
3. Mash potatoes

Meanwhile, return saucepan with **potatoes** to medium heat; stir in **cream cheese**, **1 tablespoon oil**, and **reserved cooking water**. Mash with a potato masher or fork until smooth; season to taste with **salt** and **pepper**. Remove from heat and cover to keep warm.



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 $\frac{1}{4}$ **cup water**; cook until butter melts and sauce is thickened slightly, about 2 minutes. Stir in $\frac{1}{2}$ **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. Carbo-load!

For the ultimate indulgence, serve this dish with some crusty bread, to drag through the creamy garlic-butter sauce.