

DINNERLY



Seared Steak & Creamy Cajun Shrimp with Sautéed Spinach & Mashed Yukon Potatoes



40min



2 Servings

Level up your dinner menu with this PremiYUM recipe! You're getting double the protein, double the sides, and an opportunity to show off your cooking chops. Land and sea meet on one plate with juicy coulottes and shrimp cooked in a creamy Cajun sauce. Wilted spinach and mashed potatoes made silky with cream cheese are just the cherry on top. We've got you covered!

WHAT WE SEND

- 4 Yukon gold potatoes
- 4 (1 oz) cream cheese ¹
- 1 shallot
- 1 lemon
- ½ lb pkg shrimp ³
- ¼ oz Cajun seasoning
- 5 oz baby spinach
- 10 oz pkg coulotte steak

WHAT YOU NEED

- garlic
- butter ¹
- kosher salt & ground pepper
- neutral oil
- all-purpose flour ²

TOOLS

- medium saucepan
- medium heavy skillet (preferably cast-iron)
- microwave

ALLERGENS

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

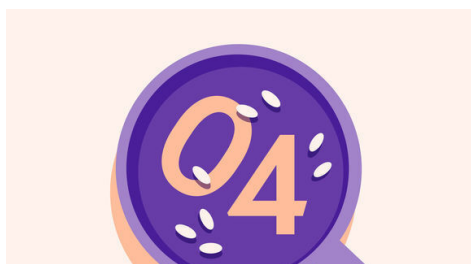
NUTRITION PER SERVING

Calories 1040kcal, Fat 51g, Carbs 89g, Protein 65g



1. Cook potatoes

Cut **potatoes** into 1-inch pieces. Add to a medium saucepan with **1 garlic clove**, **1 teaspoon salt**, and enough water to cover by 1 inch. Cover; bring to a boil over high. Uncover; cook until easily pierced with a fork, about 10 minutes. Reserve **¼ cup cooking water**; drain potatoes. Return to saucepan off heat with **2 tablespoons butter** and **half the cream cheese**. Cover to keep warm.



4. Cook shrimp

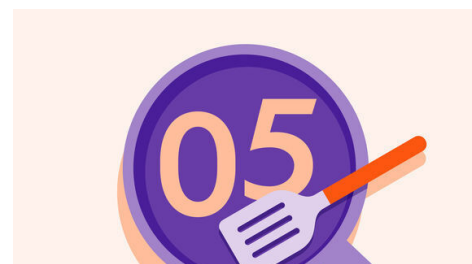
Heat **1 tablespoon oil** in skillet over medium-high. Add **shrimp** and **shallots**; stir and cook until shrimp are browned in spots and cooked through, 3–4 minutes. Add **half the garlic** and **1 teaspoon each of flour and Cajun seasoning**. Stir until fragrant, 30–60 seconds. Whisk in **½ cup water** and **remaining cream cheese** until smooth. Off heat, add **lemon juice**. Season to taste.



2. Prep ingredients

Meanwhile, finely chop **1 teaspoon garlic**. Finely chop **shallot**. Cut **lemon** into 6 wedges; squeeze 2 wedges into a small bowl.

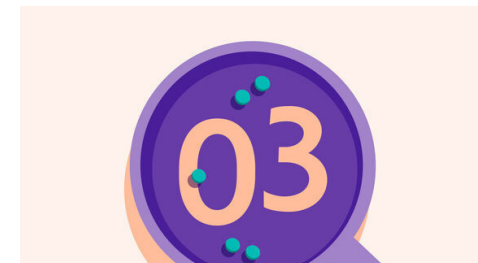
Pat **steaks** dry, then season all over with **salt** and **pepper**. Rinse **shrimp** and pat very dry (first thaw under cool running water, if necessary). Season with **salt** and **pepper**.



5. Cook spinach & mash

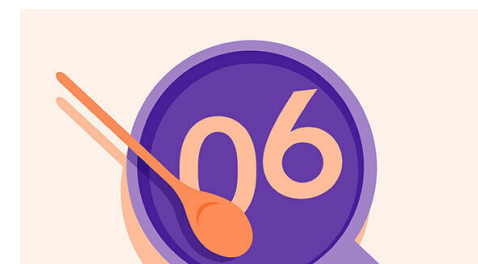
In a medium microwave-safe bowl, toss to combine **spinach**, **remaining garlic**, and **2 teaspoons oil**. Tightly cover with plastic wrap; microwave until just wilted, 30–60 seconds. Season to taste with **salt** and **pepper**.

Add **reserved cooking water** to **potatoes**; mash with a potato masher or fork until smooth. Season to taste with **salt** and **pepper**.



3. Cook steak

Heat **1 tablespoon oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add **steaks** and cook until well browned and medium-rare, 3–4 minutes per side (or longer for desired doneness). Wrap in foil and transfer to a cutting board to rest. Add **2 tablespoons water** to skillet to release residue; wipe clean.



6. Serve

Slice **steak**, if desired.

Serve **steak** and **Cajun shrimp** with **spinach** and **mashed potatoes**. Finish with **a few cracks of black pepper**. Enjoy!