

DINNERLY



Shrimp & Chicken Breasts: Treat Yourself!



Cooking Time



2 Servings

We're big fans of a little self-care. A bubble bath? Sure. Maybe a moment of zen while meditating? Uh-huh. A green smoothie? Ok, fine. A dip into a decadent ice cream sundae? Getting warmer. How about a plate filled with succulent shrimp? Or a perfectly grilled chicken breast? Now, that's Dinnerly-style self-care. Go ahead, treat yourself. We've got your PROTEINS covered!

WHAT WE SEND

- 8 oz pkg shrimp ^{2,17}
- ½ lb pkg boneless, skinless chicken breasts

WHAT YOU NEED

- sugar or spice or anything nice!

TOOLS

- choose your own cooking adventure!

ALLERGENS

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

NUTRITION PER SERVING

Calories 220kcal, Fat 4g, Carbs 1g, Proteins 41g

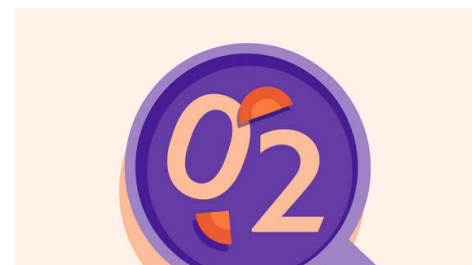


1. Grilled shrimp!

Add some BIG flavor pre-grill!

Coat the shrimp in olive oil, salt, pepper and some of your favorite spice blend! If you don't have any spice blends handy, or you're feeling a little more adventurous, combine coconut milk, lime juice, grated garlic, and sriracha for heat. Let the shrimp marinate for 15-20 minutes before grilling.

Think tacos, salads, skewers!

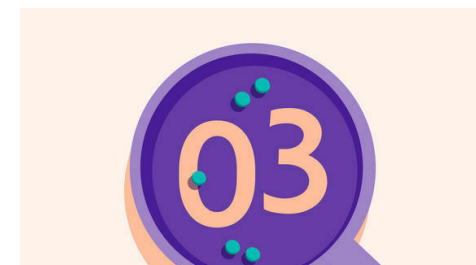


2. Sautéed shrimp!

Make it quick!

Sautéed shrimp cook in a jif. Load the skillet with lots of olive oil and finely chopped garlic before adding the shrimp. Once pink and curled, add capers or chopped olives, and freshly chopped parsley.

Serve with rice or couscous!

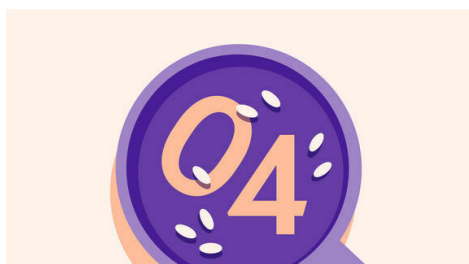


3. Sheet-pan shrimp!

Use the oven!

We like to use shrimp, sliced sausage, Old Bay or Cajun spice, and corn on the cob for a fast take on a shrimp boil. Or, just keep it simple by tossing broccoli florets and shrimp with olive oil, salt, and pepper. Once roasted, finish with a squeeze of fresh lemon juice.

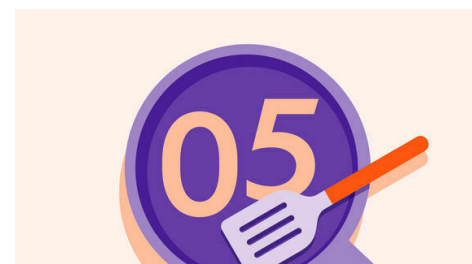
Change it up with seasonal veggies or by adding potatoes!



4. Grilled chicken!

Winner, winner, grilled chicken dinner!

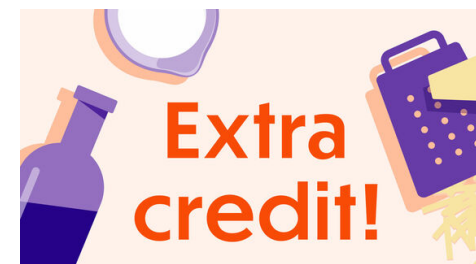
Grilled chicken is everyone's fave and it's for good reason. It's a blank canvas that's only as flavorful as your imagination! Give it a bath in a marinade before grilling and slicing for use in tacos, fajitas, stir-fries, and pitas. Or, keep it whole for sandwiches and bbq. Your chicken, your choice!



5. Chicken, your way!

Oh chicken, how many ways do we love thee? Let us count the ways....

Grilled and stuffed in a tortilla, pita, or roll; Roasted with some veggie friends; Diced or sliced and stir-fried; Baked in a casserole; Butterflied and stuffed; Pounded, breaded, and pan-fried; Cut into strips, battered, and shallow-fried; Shredded in a soup; Braised in a stew.






6. We're so funny!

Why did the chicken cross the playground?

To get to the other slide.

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at dinnerly.com    **#dinnerly**