

# DINNERLY



## Protein Variety Pack

### US Wild Gulf Shrimp & Grass-Fed Ground Beef:

Add an Extra Protein Option to your Box!



Cooking Time



2 Servings

It's always handy to have two go-to proteins stashed away in the fridge or freezer for when you're in a pinch! Sweet shrimp and savory ground beef are ideal because they're quick cooking and versatile! Use the shrimp as a topper to a veggie stir-fry or turn the beef into patties and throw them on the grill. Whatever you do, it's a true win-win. We've got your PROTEINS covered!

## WHAT WE SEND

- 8 oz pkg shrimp <sup>2,17</sup>
- 10 oz ground beef

## 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 450kcal, Fat 29g, Carbs 1g, Proteins 44g



### 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!

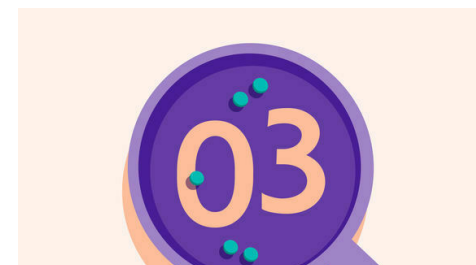


### 2. Sautéed shrimp!

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!

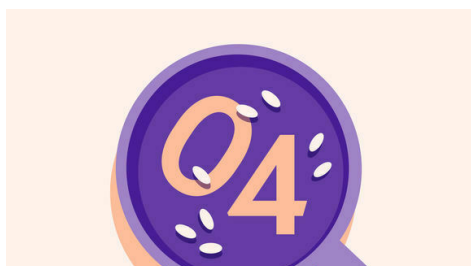


### 3. Sheet-pan shrimp!

Use the oven!

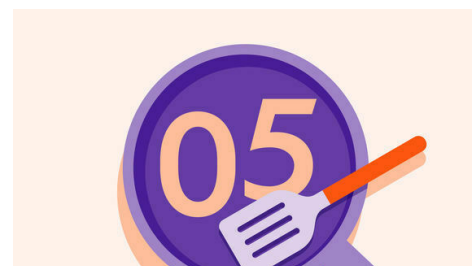
We like to use shrimp, sliced sausage, Old Bay or Cajun spice, and corn on the cob for a fast take on a shrimp boil. Or, just keep it simple by tossing broccoli florets and shrimp with olive oil, salt, and pepper. Once roasted, finish with a squeeze of fresh lemon juice.

Change it up with seasonal veggies or by adding potatoes!



### 4. Break out the grill!

Both of these proteins love a good grilling. Burgers—you know the basics, so go ahead and do you. But, if you're looking for a "fancy" recommendation, sneak some cheese inside each patty for a gooey surprise. Cheddar, fontina, blue—whatever you've got on hand. .



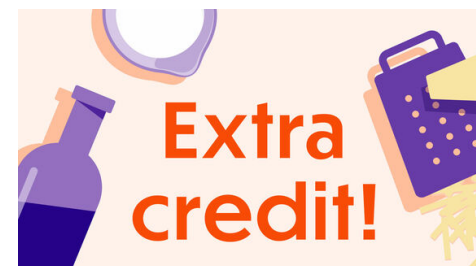
### 5. Meatloaf!

People are quick to commit to new food trends. Sure, they're exciting and shiny and new, but, will they be there for you when you really need them? Will they stand the test of time? Meatloaf is dependable and delicious.

If the classic ketchup and onion version doesn't get you going, then kick it up a notch with some sriracha and tamari. Or, go a Tex-Mex route with some taco seasoning.

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

View the recipe online by visiting your account at [dinnerly.com](https://dinnerly.com)    **#dinnerly**



### 6. We're so funny!

Why didn't the shrimp share his treasure?  
Because he's a little shellfish.