



Rustic Jumbo Shrimp

with Heirloom Tomatoes, Cannellini Beans and Garlic Toasts

Farmer's Market

30 Minutes



Jumbo Shrimp
285 g | 570 g



Cannellini Beans
1 | 2



Baby Heirloom Tomatoes
227 g | 454 g



Mixed Olives
60 g | 120 g



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Shallot
1 | 2



Sandwich Bun
2 | 4



Parsley
7 g | 14 g



Lemon
1 | 2



Garlic, clove
2 | 4



Arugula and Spinach Mix
113 g | 226 g



Walnuts, chopped
28 g | 56 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, paper towels, small bowl, strainer, whisk, zester

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1



Prep

- Before starting, preheat broiler to high.
- Wash and dry all produce.

- Peel, then slice **shallot**.
- Finely chop **parsley**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into **wedges**.
- Peel, then mince or grate **garlic**.
- Halve **tomatoes**.
- Drain, then roughly chop **olives**.
- Drain and rinse **cannellini beans**.

2



Toast walnuts and assemble salad

- Heat a large non-stick pan over medium heat.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on walnuts so they don't burn!) Transfer to a plate.
- Add **lemon juice**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then combine.
- Place **arugula and spinach mix**, **Parmesan** and **toasted walnuts** over top. Don't toss. Refrigerate until ready to serve.

3



Make cannellini stew

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **shallots**. (**TIP:** We love using olive oil in this recipe!) Cook, stirring often, until tender, 2-3 min.
- Add **tomatoes**. Cook, stirring often, until **tomatoes** are tender, 2-3 min.
- Add **cannellini beans**, **chopped olives** and $\frac{2}{3}$ **cup** (1 $\frac{1}{4}$ **cups**) **water**.
- Cook, stirring occasionally, until **sauce** thickens slightly, 4-5 min.

4



Broil shrimp

- Meanwhile, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. If desired, remove and discard tails.
- Add **shrimp**, **lemon zest**, **half the garlic** and **1 tbsp** (2 **tbsp**) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Broil in the **middle** of the oven until **shrimp** are cooked through, 4-5 min.**

5



Make garlic toasts

- Halve **buns**.
- Add **1 $\frac{1}{2}$ tbsp** (3 **tbsp**) **oil**, **remaining garlic** and **half the parsley** to a small bowl. Season with **salt** and **pepper**, then combine.
- Brush **garlic oil** onto cut-sides of **buns**.
- Arrange directly on the **top** rack of the oven, cut-sides up.
- Broil until golden, 1-2 min. (**TIP:** Keep an eye on buns so they don't burn!)

6



Finish and serve

- Toss **salad** to combine.
- Divide **cannellini stew** between bowls.
- Top with **shrimp**, then sprinkle **remaining parsley** over top.
- Squeeze a **lemon wedge** over top, if desired.
- Serve **garlic toasts** and **salad** alongside.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.