



# Smart Saganaki-Style Shrimp

## with Oregano Roasted Veggies

Smart Meal

30 Minutes

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Tilapia

300 g | 600 g

\*2 Double



Shrimp

570 g | 1140 g



Shrimp

285 g | 570 g



Crushed Tomatoes

200 ml | 400 ml



Garlic, cloves

2 | 4



Feta Cheese, crumbled

1/4 cup | 1/2 cup



Oregano

7 g | 7 g



Yellow Potato

200 g | 400 g



Eggplant

1/2 | 1



Mediterranean Spice Blend

1 tbsp | 2 tbsp



Zucchini

1 | 2



**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.

**Pantry items** | Oil, sugar, salt, pepper

**Cooking utensils** | Baking sheet, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, strainer

1



## Roast veggies

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Strip a few **oregano leaves** from **stems**, then finely chop **1 tbsp** (2 tbsp).
- Cut **half the eggplant** into 1-inch pieces (use all for 4 ppl).
- Cut **potatoes** into ½-inch pieces.
- Arrange **potatoes, chopped eggplant, 1 tbsp** (2 tbsp) **oil, half the Mediterranean Spice Blend** and **½ tsp** (1 tbsp) **oregano** to a parchment-lined baking sheet. Season with **salt** and **pepper**, toss to combine.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 20-22 min.

4



## Cook shrimp

- Once simmering, add **shrimp** to **sauce**. Reduce heat to medium. Cook, stirring occasionally, until **shrimp** is pink and cooked through, 3-4 min.\*\*
- Season with **salt** and **pepper**, to taste.

2



## Prep

🔄 Swap | Tilapia

×2 Double | Shrimp

- Peel, then mince or grate **garlic**.
- Cut **zucchini** into ½-inch half-moons.
- Add **zucchini** and **1 ½ tsp** (3 tsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to combine.
- Once **veggies** are flipped, add **zucchini**. Roast, until tender crisp, 10-13 min.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **remaining Mediterranean Spice Blend, salt** and **pepper**.

5



## Finish and serve

- Divide **roasted veggies** between bowls.
- Top with **shrimp saganaki**.
- Sprinkle over **feta**.

3



## Make sauce

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **garlic** and **remaining oregano**. Cook, stirring constantly, until fragrant, 30 sec.
- Add **crushed tomatoes** and **¼ tsp** (½ tsp) **sugar**. Bring to a simmer over medium-high heat.

Measurements  
within steps

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

2 | Prep

🔄 Swap | Tilapia

If you've opted to get **tilapia**, pat dry then cut into 1-inch pieces. Season and cook the **tilapia** in the same way the recipe instructs you to season and cook the **shrimp**\*\*

2 | Prep

×2 Double | Shrimp

If you've opted for **double shrimp**, cook it in the same way the recipe instructs you to cook the **regular portion of shrimp**.

\*\* Cook shrimp and tilapia to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively.