

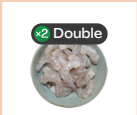


Creamy Tuscan-Inspired Shrimp Stew

with Savoury Leeks

Keto Special

30 Minutes



Shrimp
570 g | 1140 g

↗ Custom Recipe + Add ↻ Swap or *2 Double

If you chose to double 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)



Shrimp
285 g | 570 g



Leek
1 | 2



Baby Tomatoes
113 g | 227 g



Cream
237 ml | 474 ml



Sun-dried Tomato Pesto
1/4 cup | 1/2 cup



Vegetable Broth Concentrate
1 | 2



Parsley
7 g | 14 g



Garlic, cloves
2 | 4



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

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, salt, pepper

Cooking utensils | Measuring spoons, large non-stick pan, paper towels

1



Prep

- Before starting, wash and dry all produce.

×2 Double | Shrimp

- Halve **tomatoes**.
- Peel, then mince or grate **garlic**.
- Pat **shrimp** dry with paper towels.
- Thinly slice **leeks**.
- Roughly chop **parsley**.

2



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **tomatoes**, **leeks** and **garlic**.
- Cook, stirring often, until **leeks** soften, 2-3 min.

3



Cook shrimp

- Add **shrimp** to the pan with **veggies**.
- Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Season with **salt** and **pepper**.

4



Finish stew

- Add **cream**, **broth concentrate** and **sun-dried tomato pesto**.
- Cook, stirring often, until **stew** thickens slightly, 2-3 min.
- Stir in **half the parsley**.
- Season with **salt** and **pepper**, to taste.

5



Finish and serve

- Divide **shrimp stew** between bowls.
- Sprinkle **Parmesan** and **remaining parsley** over top.

Measurements
within steps

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

1 | Prep

×2 Double | Shrimp

If you've opted for **double shrimp**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the regular **portion of shrimp**. Work in batches, if necessary.

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



Issue with your meal? Scan the QR code to share your feedback.