

# Gambas Pil Pil-Inspired Bowls

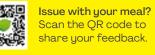
with Arugula and Feta Side Salad

Keto Special

Quick

25 Minutes

















Green Bell Pepper

Garlic, cloves





Balsamic Vinegar

Baby Heirloom



Tomatoes



Smoked Paprika-Garlic Blend



Feta Cheese, block



Sweet Bell Pepper







Red Chili Pepper

Arugula and Spinach



Parsley

### Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

#### Heat Guide for Step 4:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: 1/4 tsp (1/2 tsp)
- Spicy: ½ tsp (1 tsp)
- Extra-spicy: 1 tsp (2 tsp)

#### **Bust out**

Baking sheet, medium bowl, measuring spoons, strainer, zester, large bowl, whisk, large non-stick pan, paper towels

## Ingredients

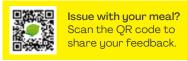
	2 Person	4 Person
Shrimp	285 g	570 g
Zucchini	100 g	200 g
Green Bell Pepper	200 g	400 g
Garlic, cloves	2	4
Balsamic Vinegar	1 tbsp	2 tbsp
Baby Heirloom Tomatoes	113 g	227 g
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Feta Cheese, block	100 g	200 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	2
Red Chili Pepper 🥒	1	2
Arugula and Spinach Mix	56 g	113 g
Parsley	7 g	14 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

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

#### **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.





#### Roast veggies

- Halve, then cut half the zucchini into ¼-inch rounds (whole zucchini for 4 ppl).
- Core, then cut **pepper** into ¼-inch cubes.
- Add peppers, zucchini and ½ tbsp (1 tbsp)
  oil to an unlined baking sheet. Season with
  salt and pepper, if desired, then toss to coat.
- Roast in the **middle** of the oven until tendercrisp, 10-12 min.



#### Prep

- Halve tomatoes.
- Zest, then juice lemon.
- Roughly chop parsley.
- Peel, then mince or grate garlic.
- Finely chop **chili**, removing seeds for less heat. (TIP: We suggest using gloves when prepping chilis!)



#### Toss salad

- Whisk together ½ tbsp (1 tbsp) oil and vinegar in a medium bowl.
- Add arugula and spinach mix and tomatoes. Season with salt and pepper, then toss to combine.
- Set aside.



#### Cook shrimp

- Using a strainer, drain and rinse shrimp, then pat dry with paper towels.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 2 tbsp (4 tbsp) butter, then garlic, shrimp, Smoked Paprika-Garlic Blend, ¼ tsp (½ tsp) lemon zest and ¼ tsp chilis. (NOTE: Reference heat guide.)
- Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Remove the pan from heat. Add **half the lemon juice**. Stir to combine.



## Dress roasted veggies

- Add roasted veggies, half the parsley and remaining lemon juice to a large bowl.
- Crumble **feta** over top, then toss to combine.



#### Finish and serve

- Divide **salad**, **roasted veggies** and **shrimp** between plates.
- Drizzle **any remaining sauce** from the pan over **shrimp**.
- Sprinkle remaining parsley over top.

**Dinner Solved!**