

Gambas Pil Pil-Inspired Bowls

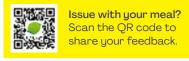
with Arugula and Feta Side Salad

Keto Special

Spicy

Quick

25 Minutes













Garlic, cloves

Green Bell Pepper



Balsamic Vinegar



Baby Heirloom Tomatoes



Smoked Paprika-Garlic Blend



Feta Cheese, block





Lemon

Sweet Bell Pepper



Red Chili Pepper



Arugula and Spinach



Parsley

Start here

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

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

Heat Guide for Step 4:

- Mild: ½ tsp (½ tsp) • Spicy: 1/2 tsp (1 tsp)
- Medium: ¼ tsp (½ 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

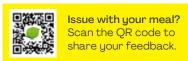
	2 Person	4 Person
Jumbo Shrimp	285 g	570 g
Zucchini	100 g	200 g
Green Bell Pepper	200 g	400 g
Garlic, cloves	2	4
Balsamic Vinegar	1 tbsp	2 tbsp
Baby Heirloom Tomatoes	113 g	227 g
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Feta Cheese, block	100 g	200 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	2
Red Chili 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 shrimp 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 1/4inch 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 1/2 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 **chili peppers.** (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.



Add cooked 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!