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Chili Roasted Shrimp

with Spinach-White Bean Saute, Feta, and Mint

A touch of chili powder gives these shrimp a smoky, faintly spicy edge. Tossed into a tasty mix of spinach, onions, tomatoes, and cannellini beans, this is one healthy meal that won't skimp out on flavor.



30 min



level 1



gluten
free



nut
free



make me
first



Shrimp



Red Onion



Cannellini Beans



Mint



Feta




Spinach



Chili Powder



Grape Tomatoes

Ingredients	2 People	4 People	*Not Included
Shrimp	10 oz	20 oz	
Red Onion	1	2	
Cannellini Beans	1 box	2 boxes	
Mint	¼ oz	½ oz	
Feta	½ c	1 c	
Spinach	5 oz	10 oz	
Chili Powder 	1 t	2 t	
Grape Tomatoes	4 oz	8 oz	
Olive Oil*	1 T	2 T	

Allergens
1) Shellfish
2) Milk

Tools
Baking Sheet,
Large Pan, Strainer

Nutrition per person Calories: 472 cal | Fat: 15 g | Sat. Fat: 5 g | Protein: 37 g | Carbs: 40 g | Sugar: 5 g | Sodium: 1363 mg | Fiber: 14 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Preheat the oven to 400 degrees. Remove the **shrimp** from the refrigerator and bring to room temperature. Halve, peel, and thinly slice **1 cup onion**. Roughly chop the **mint leaves**. Drain and rinse the **beans**. Halve the **tomatoes**.

2 Season the shrimp: Toss the **shrimp** on a baking sheet with a drizzle of **olive oil**. Season with **salt, pepper**, and as much **chili powder** as you like (we used ¼ teaspoon).



3 Cook the vegetables: Heat a large drizzle of **oil** in a large pan over medium heat. Add the sliced **onion** and cook, tossing, for 4-5 minutes, until softened. Season with **salt** and **pepper**. Add the **spinach** to the pan along with a splash of water and toss for 2-3 minutes, until the spinach has wilted. Season with **salt** and **pepper**, to taste.



4 Cook the shrimp: Place the **shrimp** in the oven for 4-7 minutes until just opaque.

5 Add the remaining ingredients: While the **shrimp** cook, add the **beans** and **tomatoes** to the pan over medium heat. Toss, for 2-3 minutes, until heated through. When the **shrimp** are ready, add them to the pan along with **half the mint**.



6 Finish and plate: Season to taste with **salt, pepper**, and **chili powder**, as desired. Garnish with the **feta** and remaining **mint leaves**. Enjoy!