



GREEK SHRIMP OVER LEMONY SPINACH RICE

with Blistered Tomatoes, Feta, Dill & Garlic Yogurt Sauce

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 | 2
Lemon



¼ oz | ½ oz
Dill



¾ Cup | 1½ Cups
Jasmine Rice



2 | 4
Veggie Stock Concentrates



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



1 tsp | 2 tsp
Garlic Powder



5 oz | 10 oz
Spinach



4 oz | 8 oz
Grape Tomatoes



10 oz | 20 oz
Shrimp
Contains: Shellfish



1 tsp | 2 tsp
Dried Oregano



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

FETA CHEESE

A tangy brined cheese that's popular in Mediterranean cuisine



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 720



HELLO FRESH

ON CLOUD WINE

Have a bottle of white wine on hand? Add a splash in Step 5 during the last minute of cooking to boost the sauce's flavor.

BUST OUT

- Zester
 - Paper towels
 - Small pot
 - Large pan
 - 2 Small bowls
-
- Kosher salt
 - Black pepper
 - Cooking oil (5 tsp | 5 tsp)
 - Olive oil (1 tsp | 1 tsp)



1 PREP

- Wash and dry produce.
- Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**. Finely chop **dill**.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites** and a **pinch of salt**. Cook, stirring, until fragrant, 1 minute.
- Stir in **rice, stock concentrates**, and **1¼ cups water (2¼ cups for 4 servings)**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to use in Step 6.



3 MAKE SAUCE

- While rice cooks, in a small bowl, combine **sour cream, yogurt, half the garlic powder (you'll use the rest in Step 5)**, and a **pinch of lemon zest**.
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



4 COOK VEGGIES

- Line a second small bowl with paper towels; set aside.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **spinach**; season with **salt** and **pepper**. Cook, stirring, until spinach is wilted, 2-3 minutes. Transfer to prepared bowl; let cool.
- Heat another **drizzle of oil** in same pan over high heat. Add **tomatoes**; cook, stirring occasionally, until blistered, 2-3 minutes. Season with **salt** and **pepper**. Turn off heat; transfer to a plate. Wipe out pan.



5 COOK SHRIMP

- Rinse **shrimp*** under cold water, then pat dry with paper towels.
- Heat a **large drizzle of oil** in pan used for veggies over high heat. Once pan is hot, add shrimp, **oregano, remaining garlic powder, salt**, and **pepper**.
- Cook, stirring occasionally, until shrimp are opaque and cooked through, 3-4 minutes. Remove pan from heat; squeeze **juice from one lemon wedge (two wedges for 4 servings)** over shrimp. Cover to keep warm.



6 MIX SPINACH RICE

- Squeeze any excess liquid from **cooked spinach**, then transfer to a cutting board and roughly chop.
- Transfer chopped spinach to pot with **rice**; add **half the dill, remaining lemon zest, a drizzle of olive oil**, and a **squeeze of lemon juice** and stir to combine. Season with **salt** and **pepper**.



7 SERVE

- Transfer **spinach rice** to a serving platter. **TIP: Spread out into a wide, thin layer so that rice peeks out under toppings.**
- Top rice with **shrimp** and **tomatoes** and drizzle with **yogurt sauce**. Sprinkle with **feta, scallion greens**, and as much **remaining dill** as you like. Divide between plates or serve family style with **remaining lemon wedges** on the side.

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*Shrimp are fully cooked when internal temperature reaches 145°.