



INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



1 | 2
Lime



¼ oz | ½ oz
Cilantro



1 | 2
Red Onion



4 oz | 8 oz
Kale



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Shrimp
Contains: Shellfish



1 TBSP | 1 TBSP
Blackening Spice



4 oz | 8 oz
Pineapple

HELLO

BLACKENED SHRIMP

Succulent shrimp turns bold and smoky thanks to a blend of paprika, cayenne, oregano, thyme, onion, garlic, and white and black pepper.

BLACKENED SHRIMP & KALE SALAD

with Roasted Sweet Potato, Cilantro Lime Vinaigrette & Tropical Crema



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 540



KALE YEAH

Why do we ask you to massage your kale after adding the olive oil and salt, and not before?

These added ingredients help the leaves become extra-tender while infusing the greens with flavor. Your hands are the best tool for this job!

BUST OUT

- Zester
- Strainer
- Medium bowl
- Baking sheet
- 2 Small bowls
- Whisk
- Paper towels
- Large pan
- Large bowl
- Kosher salt
- Black pepper
- Sugar ($\frac{1}{2}$ tsp | 1 tsp)
- Vegetable oil (1 TBSP | 2 TBSP)
- Olive oil (2 TBSP | 4 TBSP)

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1 PREP & PICKLE ONION

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Halve, peel, and thinly slice **onion**. Zest **lime** until you have 2 tsp (**4 tsp for 4 servings**); quarter lime. Dice **sweet potato** into $\frac{1}{2}$ -inch pieces. Roughly chop **cilantro**. Drain **pineapple**, reserving **juice**. Remove and discard any large ribs from **kale**.
- In a medium bowl, combine half the onion, **juice from half the lime**, $\frac{1}{2}$ tsp **sugar** (**1 tsp for 4**), and a **pinch of salt**. Set aside to quick-pickle.



4 COOK SHRIMP

- Rinse **shrimp*** under cold water, then pat dry with paper towels.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **remaining onion**. Cook, stirring occasionally, until slightly softened, 2-4 minutes.
- Add shrimp and season with **half the Blackening Spice** (**all for 4 servings**), **salt**, and **pepper**. Cook, stirring occasionally, until shrimp is opaque and cooked through, 2-4 minutes.



2 ROAST SWEET POTATO

- Toss **sweet potato** on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Roast until browned and tender, 18-20 minutes.



5 MAKE SALAD

- Toss **kale** in a large bowl with a **drizzle of oil**. Season lightly with **salt**. Massage kale until leaves soften. Add **roasted sweet potato**, **pineapple**, and **cilantro lime vinaigrette**. Toss to combine.



3 MAKE SAUCES

- Meanwhile, in a small bowl, whisk together **half the cilantro**, **juice from remaining lime**, and **2 TBSP olive oil** (**4 TBSP for 4 servings**).
- In a separate small bowl, combine **sour cream** and **lime zest**. Stir in **reserved pineapple juice** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



6 SERVE

- Divide **kale salad** between plates or bowls. Top with **blackened shrimp mixture**. Drizzle with **tropical crema**. Garnish with **pickled onion** (draining first) to taste and **remaining cilantro**. Serve.

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