

### **INGREDIENTS**

2 PERSON | 4 PERSON



Sweet Potato



Cilantro



4 oz | 8 oz



10 oz | 20 oz Shrimp Contains: Shellfish



Pineapple

Red Onion



4 TBSP | 8 TBSP Sour Cream Contains: Milk



1TBSP | 1TBSP Blackening Spice

## **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 (1/2 tsp | 1 tsp)
- Vegetable oil (1 TBSP | 2 TBSP)
- Olive oil (2 TBSP | 4 TBSP)

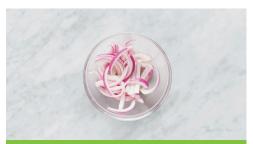
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\* Shrimp is fully cooked when internal temperature reaches 145°.



#### 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 ½-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, ½ tsp sugar (1 tsp for 4), and a pinch of salt.
  Set aside to quick-pickle.



### **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.



#### **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.



#### **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.



#### **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.



#### 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.

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