



GARLIC HERB BUTTER SHRIMP & LOBSTER TAILS

with Lemony Broccoli & Chive Crème Fraîche Mashed Potatoes

INGREDIENTS

2 PERSON | 4 PERSON



¼ oz | ½ oz
Chives



1 | 2
Lemon



7 oz | 14 oz
Lobster Tails
Contains: Shellfish



12 oz | 24 oz
Yukon Gold
Potatoes*



4 TBSP | 8 TBSP
Crème Fraîche
Contains: Milk



8 oz | 16 oz
Broccoli Florets



4 TBSP | 8 TBSP
Garlic Herb
Butter
Contains: Milk



10 oz | 20 oz
Shrimp
Contains: Shellfish



1 tsp | 1 tsp
Smoked Paprika



1 tsp | 1 tsp
Garlic Powder

*The ingredient you received may be a different color.

HELLO

SURF & SURF

Forget the turf! This dish packs a double dose of crave-worthy seafood: Paprika shrimp and succulent lobster tails drizzled and basted in rich, luxurious garlic herb butter.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 810



SHELL YEAH!

Cooking the lobster tails in their shells makes the meat so much easier to remove once it's time to dig in—plus, it adds great flavor to the finished dish. Work carefully and cut slowly in step 1 to make sure you only slice through the shells, not the meat. You'll thank yourself come dinnertime!

BUST OUT

- Zester
- Kitchen shears
- Medium pot
- Strainer
- Potato masher
- Baking sheet
- Small bowl
- Paper towels
- 2 Medium bowls
- Large pan
- Aluminum foil
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663

HelloFresh.com

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



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Mince **chives**; reserve 1 tsp (2 tsp for 4 servings) for step 5 (you'll use the remaining in the next step). Zest and halve **lemon**; slice one half into ¼-inch-thick rounds (for 4, zest both lemons; halve one lemon and slice remaining lemon into ¼-inch-thick rounds).
- Using kitchen shears, cut along underside of each **lobster*** shell, leaving meat intact and stopping at tail; pull sides of shell apart to expose meat (do not remove meat from shell).



4 COOK SHRIMP

- Rinse **shrimp*** under cold water, then pat dry with paper towels; place in a medium bowl with a **drizzle of oil**. Season with **half the paprika** (all for 4 servings), **¼ tsp garlic powder** (½ tsp for 4), **salt**, and **pepper**; toss to coat. (Be sure to measure the garlic powder; we sent more.)
- Heat a large pan over medium-high heat. Once hot, add shrimp; cook, stirring occasionally, until opaque and cooked through, 3-5 minutes.
- Transfer shrimp to a separate medium bowl and cover with foil to keep warm.



2 MAKE MASHED POTATOES

- Dice **potatoes** into ½-inch pieces. Place in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot. Mash with **crème fraîche** and **1 TBSP plain butter** (2 TBSP for 4 servings) until smooth and creamy, adding splashes of reserved potato cooking liquid as needed.
- Stir in **remaining chives** and season with **salt** and **pepper**. Cover to keep warm.



5 COOK LOBSTER

- Heat same pan over medium-high heat. Add **lobster tails**, cut sides up, and a **splash of water**. Cover pan and cook until lobster is slightly opaque and almost cooked through, 3 minutes.
- Uncover pan and add **half the softened garlic herb butter** (save the rest for serving); spoon melted butter over lobster until meat is opaque and cooked through, 1 minute more.
- Stir in **reserved chives** and **remaining lemon zest**; season with **salt** and **pepper**. Turn off heat; transfer lobster tails to cutting board.



3 ROAST & SOFTEN

- While potatoes cook, cut **broccoli florets** into bite-size pieces if necessary. Toss broccoli and **lemon rounds** on a baking sheet with a **drizzle of olive oil**, **salt**, and **pepper**.
- Roast on top rack until broccoli is golden brown and crispy, 15-20 minutes. Carefully toss with **half the lemon zest**.
- Meanwhile, place **garlic herb butter** in a small microwave-safe bowl; microwave until just softened, 5-10 seconds.



6 FINISH & SERVE

- Using a chef's knife, halve **lobster tails** lengthwise. **TIP: If you don't have a chef's knife, use a large, sharp knife.**
- Add **remaining garlic herb butter** to bowl with **shrimp** and toss to coat.
- Divide shrimp, lobster, **mashed potatoes**, **broccoli**, and **lemon rounds** between plates. Spoon any melted garlic herb butter from pan over lobster. Cut **remaining lemon** into wedges; serve on the side.

WK 7-12