



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
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



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



*The ingredient you received may be a different color.

HELLO

SURF & SURF

Forget the turf! How 'bout a double dose
of crave-worthy seafood?



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 830



SHELL YEAH!

Work carefully and cut slowly in step 1, being sure to only slice through the shells, not the meat. You'll thank us later!

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 tail*** 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. Toss in a medium bowl with a **drizzle of oil**, **half the paprika** (all for 4 servings), **¼ tsp garlic powder** (½ tsp for 4), **salt**, and **pepper**. (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 a 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 tails, **mashed potatoes**, **broccoli**, and **lemon rounds** between plates. Spoon any melted garlic herb butter from pan over lobster. Cut **remaining lemon** into wedges and serve on the side.