

In this dish, you'll roast tender potatoes with a blend of bold spices, including paprika, coriander, and cayenne pepper, to toss with a medley of sautéed vegetables-a vibrant partner for tender shrimp.

#### **Ingredients**



1 1/8 lbs Tail-On Shrimp\*



1 Zucchini



½ lb Sweet Peppers



1 Shallot



1 Lemon

# 1 ¼ lbs Golden or Red Potatoes

- 2 Tbsps Sherry Vinegar
- 1/4 cup Mayonnaise
- 1 Tbsp Spanish Spice Blend\*\*

#### \*peeled & deveined

<sup>.</sup> \*\*Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon



# Wellness at Blue Apron

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**CARB CONSCIOUS 600 CALORIES OR LESS** 

### 1 Prepare the ingredients & make the aioli

- Place an oven rack in the center of the oven, then preheat to 450°F.
- · Wash and dry the fresh produce.
- Medium dice the potatoes.
- Peel and thinly slice the shallot.



- Cut off and discard the stems of the **peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise.
- Halve the zucchini lengthwise, then thinly slice crosswise.
- Combine the **sliced peppers** and **sliced zucchini** in a bowl.
- Quarter and deseed the lemon.
- Peel 2 cloves of garlic. Roughly chop 1 clove. Using a zester, finely grate the remaining clove into a paste (or use the small side of a box grater).
- In a bowl, combine the mayonnaise, the juice of 2 lemon wedges, and as much of the garlic paste as you'd like. Taste, then season with salt and pepper if desired.

### 2 Roast the potatoes

- Line a sheet pan with foil.
- Place the diced potatoes on the foil. Drizzle with olive oil and season with salt, pepper, and enough of the spice blend to coat (you may have extra). Toss to coat; arrange in an even layer.



• Roast 18 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

## 3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- Add the sliced shallot; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.



- Add the sliced peppers and zucchini; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the vinegar. Cook, stirring frequently, 1 to 2 minutes, or until the liquid has cooked off.
- Transfer to a large bowl; cover with foil to keep warm.
- Wipe out the pan.

### 4 Cook the shrimp

- Pat the **shrimp** dry with paper towels; season with salt and pepper.
- In the same pan, heat a drizzle of olive oil on medium-high until hot.
- Add the seasoned shrimp in an even laver. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.



- Add the chopped garlic. Cook, stirring occasionally, 1 to 2 minutes, or until the shrimp are opaque and cooked through.
- Turn off the heat and carefully stir in the juice of the remaining lemon wedges.

## 5 Finish the vegetables & serve your dish

- To the bowl of cooked vegetables, add the roasted potatoes and a drizzle of olive oil. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the finished vegetables topped with the cooked shrimp and aioli. Enjoy!





Calories: 410, Total Carbohydrates: 34g, Dietary Fiber: 6g, Added Sugars: 0g, Total Fat: 19g, Saturated Fat: 2g, Protein: 29g, Sodium: 1240mg.

\*\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.









