

Calabrian Shrimp & Spaghetti Squash

with Capers, Kale & Breadcrumbs

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**

blueapron.com



For vibrant flavor, we're cooking shrimp, capers, and aromatics in a sauce of rich butter and fiery Calabrian chile paste, then serving it over delicate strands of sweet spaghetti squash—all topped with toasted breadcrumbs for pleasant crunch.

Ingredients

-  10 oz Tail-On Shrimp*
-  1 Spaghetti Squash
-  2 cloves Garlic
-  1 Lemon
-  1 bunch Kale
-  2 Tbsps Butter
-  1 Tbsp Capers
-  1 ½ tpsps Calabrian Chile Paste
-  ¼ cup Panko Breadcrumbs
-  ¼ cup Grated Parmesan Cheese
-  1 Shallot
-  1 tsp Whole Dried Oregano

*peeled & deveined

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

CARB CONSCIOUS
600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
blueapron.com/wine

1 Prepare & cook the squash

If you prefer to use an oven to cook the squash instead of a microwave, place an oven rack in the center of the oven; preheat to 450°F.

Wash and dry the fresh produce.

Using a sharp, sturdy knife, carefully halve the **squash** lengthwise. Using a spoon, scoop out and discard the pulp and seeds. Drizzle the cut sides with **olive oil**; season with salt and pepper.

Microwave **or** oven:

MICROWAVE: Working in two batches if necessary, transfer the **prepared squash** to a microwave-safe baking dish, cut side down. Fill with $\frac{1}{2}$ inch of **water**. Microwave on high 3 to 5 minutes, or until the flesh easily pulls away from the skin.

OVEN: Line a sheet pan with parchment paper (or foil). Transfer the **prepared squash** to the sheet pan, cut side down. Roast 25 to 30 minutes, or until the skin is lightly browned and the flesh easily pulls away from the skin.

Transfer the **cooked squash** to a large bowl to cool slightly.



2 Prepare the remaining ingredients

Meanwhile, peel and roughly chop **2 cloves of garlic**.

Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.

Peel and small dice the **shallot**.

Quarter and deseed the **lemon**.



3 Toast the breadcrumbs

In a medium pan, heat a drizzle of **olive oil** on medium-high until hot.

Add the **breadcrumbs** and **oregano**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until lightly browned.

Transfer to a bowl.

Wipe out the pan.



4 Cook the kale

In the same pan, heat a drizzle of **olive oil** on medium-high until hot.

Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.

Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.

Add $\frac{3}{4}$ cup of **water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.

Transfer to a bowl; cover with foil to keep warm.



5 Separate the squash into strands

Meanwhile, when cool enough to handle, using a fork, scrape the flesh of the **cooked squash** into the bowl; separate any clumps. Discard the skins.

Stir in **half the cheese**.



6 Cook the shrimp & serve your dish

Pat the **shrimp** dry with paper towels (remove the tails, if desired); season with salt and pepper.

In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.

Add the **seasoned shrimp** in an even layer. Cook, without stirring, 1 to 2 minutes, or until slightly opaque.

Add the **diced shallot**, **capers**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 2 to 3 minutes, or until combined and the shrimp are opaque and cooked through.

Turn off the heat; stir in the **butter** and the **juice of 2 lemon wedges** until the butter is melted and combined.

Serve the **squash strands** topped with the **cooked shrimp and sauce** and **cooked kale**. Garnish with the **toasted breadcrumbs**, **remaining cheese**, and the **juice of the remaining lemon wedges**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 540, Total Carbohydrates: 46g, Dietary Fiber: 10g, Added Sugars: 0g, Total Fat: 27g, Saturated Fat: 11g, Protein: 34g, Sodium: 1650mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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