

Indian-Style Butter Shrimp

with Cilantro Spaghetti Squash

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients



10 oz Tail-On Shrimp¹



1 Spaghetti Squash



1 Poblano Pepper



2 Scallions



2 Tbsps Butter



2 Tbsps Savory Tomato Chutney



2 Tbsps Tomato Paste



¼ cup Cilantro Sauce



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



10 9 9

SmartPoints® value per serving
(as packaged)



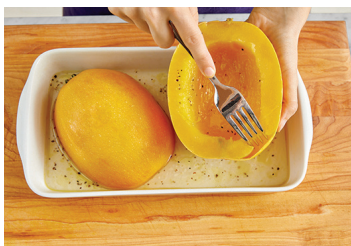
Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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¹. peeled & deveined

1 Prepare & cook the squash

- If you prefer to use an oven to roast 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 **½ 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, thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the stem of the **pepper**; halve lengthwise. Remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.



3 Separate & dress the squash strands

- When cool enough to handle, using a fork, scrape the flesh of the **cooked squash** into the bowl. Discard the skins.
- Add the **cilantro sauce**; stir to thoroughly combine and separate any clumps.
- Taste, then season with salt and pepper if desired. Cover with foil to keep warm.



4 Cook the shrimp & serve your dish

- Pat the **shrimp** dry with paper towels; remove the tails.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **prepared shrimp**, **sliced white bottoms of the scallions**, and **sliced pepper** in an even layer; season with salt and pepper. Cook, without stirring, 2 to 3 minutes, or until browned.
- Add the **tomato paste** and **tomato chutney**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Add **½ cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the sauce is slightly thickened and the shrimp are cooked through.
- Turn off the heat. Stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.
- Serve the **dressed squash** topped with the **cooked shrimp and sauce**. Garnish with the **sliced green tops of the scallions**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 490, Total Carbohydrates: 38g, Dietary Fiber: 8g, Added Sugars: 0g, Total Fat: 27g, Saturated Fat: 9g, Protein: 29g, Sodium: 1620mg.

**For information about our wellness labels visit us at blueapron.com/wellness. SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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