

Calabrian Shrimp & Spaghetti Squash

with Capers, Kale & Breadcrumbs

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients



10 oz Tail-On Shrimp¹



2 cloves Garlic



1 Lemon



1 oz Butter



1 Spaghetti Squash



1 Shallot



1 bunch Kale



1 ½ tsps Calabrian Chile Paste



¼ cup Panko Breadcrumbs



1 Tbsp Capers



¼ cup Grated Parmesan Cheese



1 tsp Whole Dried Oregano



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¹. peeled & deveined



"Alexa, find Blue Apron recipes."

1 Prepare & roast the squash

- 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, cut off the top and bottom of the **squash** to create a flat surface; turn the squash upright. Starting at the top, slice downward to halve the squash lengthwise. Using a spoon, scoop out and discard the pulp and seeds. Drizzle the cut sides with **2 teaspoons of olive oil** and season with salt and pepper.
- Line a sheet pan with 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 **roasted 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 (nonstick, if you have one), heat **2 teaspoons 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 **2 teaspoons 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 **¼ 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.
- Wipe out the pan.



5 Finish the squash

- When cool enough to handle, using a fork, scrape the flesh of the **roasted 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 **finished squash** topped with the **cooked shrimp** (including any sauce from the pan) and **cooked kale**. Garnish with the **toasted breadcrumbs**, **remaining cheese**, and the **juice of the remaining lemon wedges**. Enjoy!

