



NUTRITION *per serving* 49g carbohydrates 34g fat 41g protein 1771mg sodium | calorie-conscious



Calories
591



Prep & Cook Time
30-40 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

10 oz. Red Potatoes
1 Ear of Corn
2 Garlic Cloves
1 Lemon
2 Italian Sausage Links
8 oz. Shrimp
.6 oz. Butter
1 tsp. Old Bay Seasoning

CONTAINS: milk, shellfish (shrimp)
Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

Olive Oil
Large Oven-Safe Pan
Small Non-Stick Pan

www.homechef.com/4084



Southern Shrimp and Sausage Roast

with potatoes, corn, and garlic butter

BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Preheat oven to **450 degrees**
- ☐ Thoroughly rinse produce and pat dry

FROM THE CHEF

If you prefer to dip your shrimp and vegetables into garlic butter, feel free to serve it on the side.

Did you know...

This boil resembles the Southern boil Frogmore stew, which contains no frogs, but shrimp, sausage, and corn boiled in spiced water. Named after a town on St. Helena Island, Frogmore stew was first made by a shrimper in the 1960s. At restaurants, it's more likely to be called a lowcountry boil.



1

Prepare the Ingredients

Quarter **potatoes**. Shuck **corn**, remove silk, and cut into four pieces. Mince **garlic**. Quarter **lemon**.



2

Start the Potatoes

Place a large oven-safe pan over high heat. Add 2 tsp. **olive oil** and **potatoes** to hot pan. Cook undisturbed until lightly charred, 3-4 minutes. Flip potatoes.



3

Sear the Sausages

Add **sausages** to pan with **potatoes**. Cook undisturbed until browned, 2-3 minutes. Flip sausages.



4

Roast Vegetables and Sausage

Add **corn** to pan. Place pan in oven and roast until corn is lightly charred and sausages are well-browned and reach a minimum internal temperature of 160 degrees, 8-10 minutes. Remove from oven.



5

Cook Shrimp and Make Butter

Add **shrimp** to pan with **vegetables** and **sausages**. Return to oven and roast until shrimp reach a minimum internal temperature of 145 degrees, 2-3 minutes. While shrimp roast, add **butter** and **garlic** to a small non-stick pan. Place over medium heat until butter melts and garlic is aromatic, 1-2 minutes. Remove from burner.



6

Finish the Dish

Carefully remove **sausages** from pan and slice. Stir **Old Bay** and **garlic butter** into **vegetables** and **shrimp**. Return sausages to roast and serve family style on a platter with **lemon wedges** alongside.