



#### In your box

½ cup Basmati Rice  
8 oz. Cubed Butternut Squash  
3 oz. Peas  
¼ tsp. Red Pepper Flakes  
2 Tbsp. Toasted Coconut  
1 Lime  
4 oz. Green Curry Sauce  
2 Green Onions

#### Customize It Options

8 oz. Shrimp  
8 oz. Scallops  
16 oz. Shrimp—Double Portion  
16 oz. Scallops—Double Portion  
*\*Contains: tree nuts (coconuts), fish (anchovy), shellfish (scallops, shrimp)*

#### You will need

Olive Oil, Salt, Pepper  
Large Non-Stick Pan, Small Pot



## Indian Coconut Curry Shrimp

with butternut squash

NUTRITION per serving—Calories: 414, Carbohydrates: 66g, Fat: 13g, Protein: 9g, Sodium: 1035mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.*

Prep & Cook Time

30-40 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Mild

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ If using fresh produce, thoroughly rinse and pat dry
- ☐ Ingredient(s) used more than once: **green onions**

### Customize It Instructions

- If using **scallops**, follow same instructions as shrimp in Steps 2 and 3, cooking until scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- If using **16 oz. scallops**, follow same instruction as 8 oz. shrimp in Steps and 3, cooking in batches if necessary and until scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- If using **16 oz. shrimp**, follow same instruction as 8 oz. shrimp in Steps and 3, cooking in batches if necessary.

#### Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Cook the Rice

- Bring a small pot with **rice** and 1 cup **water** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 14-17 minutes.
- Remove from burner and set aside covered.
- While rice cooks, prepare ingredients.



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### Prepare the Ingredients

- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Halve **lime**. Cut one half into wedges and juice the other half.
- Pat **shrimp** dry, and season all over with ¼ tsp. **salt** and a pinch of **pepper**.



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### Cook the Shrimp

- Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add **shrimp** to hot pan and cook undisturbed until seared on one side, 2-3 minutes.
- Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.
- Transfer shrimp to a plate. Reserve pan; no need to wipe clean.



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### Cook the Vegetables and Curry

- Return pan used to cook shrimp to medium heat and add 1 tsp. **olive oil**. Add **butternut squash** to hot pan. Cover, and stir occasionally until tender and lightly browned, 8-12 minutes.
- Stir in **peas**, **white portions of green onions**, ¼ tsp. **salt**, and a pinch of **pepper**. Cook, 1 minute.
- Add 2 tsp. **lime juice**, **green curry sauce**, **shrimp**, and ¼ cup **water**. Stir until heated through, 1-2 minutes.
- Remove from burner.



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### Finish the Dish

- Plate dish as pictured on front of card, garnishing with **green portions of green onions**, **toasted coconut**, and **red pepper flakes** (to taste). Squeeze **lime wedges** over to taste. Bon appétit!