

Whole30 Shrimp Boil with Sheet Pan Vegetables

2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Rose's Seafood Company, Gulf Shrimp, thawed

Farmhouse Kitchen Lemon Aioli, stirred well before use

Farmhouse Kitchen Boil Spice

Kindle Farms Sweet Potatoes, washed, scrubbed and peeled (optional)

Gundermann Acres Brussels Sprouts, washed

Kitchen Pride Mushrooms Crimini Mushrooms, washed just before use

Bella Verdi Bibb Lettuce, root ball removed, washed and dried well

Farmhouse Kitchen Red Wine - Dijon Vinaigrette, stirred well before use

Olive Oil or Ghee

Salt and Pepper

NOTE: You can devein shrimp before or after cooking. Deveining after cooking allows your meal to absorb more flavor from the shell. To devein, pull legs off in clumps until all are removed, discard. Starting at the head slip fingers under shell and remove in one piece. Use a paring knife to make a $\frac{1}{4}$ " slit along shrimp's back. Use the paring knife to begin removing vein, pull vein out gently in one piece; discard. Rinse hands and shrimp to ensure all vein has been removed. Place shrimp in a bowl of ice water or in the refrigerator until just before you cook them.

Preheat oven to 450°F degrees and adjust oven rack to middle position.

STEP 1 Line a sheet pan with foil. Prepare the vegetables. Chop the sweet potatoes into $\frac{1}{2}$ " thick cubes. Cut the Brussels sprouts and mushrooms in half. Toss vegetables with 1 tbsp. oil, $\frac{1}{2}$ tsp. salt and pepper. Roast 8-10 minutes. Flip vegetables over and roast for another 10-12 minutes. Vegetables will be browned and slightly crispy on the outside but should remain fork tender internally. Remove from oven and set aside.

STEP 2 Next, fill a large pot with 8 cups of water and bring to a boil. Add boil spice to water. Reduce heat to medium, cover, and simmer for about 5 minutes. Add the shrimp and cook until the outside turns pink-orange, the flesh becomes white and opaque, and the tails begin to curl inward, about 2-3 minutes. Turn off the heat. Use a slotted spoon to immediately transfer the shrimp and vegetables to a large bowl.

STEP 3 Prepare the salad. Tear lettuce into bite size pieces. Toss with red wine - dijon vinaigrette, salt and pepper to taste. Set aside.

STEP 4 To plate, scoop a portion of shrimp and roasted vegetables onto a plate. Serve with a side salad. Dip shrimp into lemon aioli as desired. Enjoy!

Whole30 Shrimp Boil with Sheet Pan Vegetables

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Rose's Seafood Company, Gulf Shrimp, thawed

Farmhouse Kitchen Lemon Aioli, stirred well before use

Farmhouse Kitchen Boil Spice

Kindle Farms Sweet Potatoes, washed, scrubbed and peeled (optional)

Gundermann Acres Brussels Sprouts, washed

Kitchen Pride Mushrooms Crimini Mushrooms, washed just before use

Bella Verdi Bibb Lettuce, root ball removed, washed and dried well

Farmhouse Kitchen Red Wine - Dijon Vinaigrette, stirred well before use

Olive Oil or Ghee

Salt and Pepper

NOTE: You can devein shrimp before or after cooking. Deveining after cooking allows your meal to absorb more flavor from the shell. To devein, pull legs off in clumps until all are removed, discard. Starting at the head slip fingers under shell and remove in one piece. Use a paring knife to make a $\frac{1}{4}$ " slit along shrimp's back. Use the paring knife to begin removing vein, pull vein out gently in one piece; discard. Rinse hands and shrimp to ensure all vein has been removed. Place shrimp in a bowl of ice water or in the refrigerator until just before you cook them.

Preheat oven to 450°F degrees and adjust oven rack to middle position.

STEP 1 Line a sheet pan with foil. Prepare the vegetables. Chop the sweet potatoes into $\frac{1}{2}$ " thick cubes. Cut the Brussels sprouts and mushrooms in half. Toss vegetables with 2 tbsp. oil, 1 tsp. salt and pepper. Roast 8-10 minutes. Flip vegetables over and roast for another 10-12 minutes. Vegetables will be browned and slightly crispy on the outside but should remain fork tender internally. Remove from oven and set aside. (NOTE: You may need to roast veggies in multiple batches)

STEP 2 Next, fill a large pot with 16 cups of water and bring to a boil. Add boil spice to water. Reduce heat to medium, cover, and simmer for about 5 minutes. Add the shrimp and cook until the outside turns pink-orange, the flesh becomes white and opaque, and the tails begin to curl inward, about 2-3 minutes. Turn off the heat. Use a slotted spoon to immediately transfer the shrimp and vegetables to a large bowl. (NOTE: Depending on the size of your pot, you may need to cook in multiple batches)

STEP 3 Prepare the salad. Tear lettuce into bite size pieces. Toss with red wine - dijon vinaigrette, salt and pepper to taste. Set aside.

STEP 4 To plate, scoop a portion of shrimp and roasted vegetables onto a plate. Serve with a side

STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Gulf Shrimp- Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Lemon Aioli - Store in the refrigerator. Use within 5 days. (Ingredients: lemon juice, garlic, yellow mustard, eggs, olive oil, fresno chili flake)

Boil Spice - Keep in a cool, dry place in the kitchen until ready to use. (Ingredients: salt, onion powder, garlic powder, celery seed, cayenne, mustard seed, coriander, allspice, lemon pepper)

Sweet Potato- Store in a cool, dry place in the kitchen. Use within 5 days.

Brussels Sprouts - Store in the crisper drawer of the refrigerator. Use within 5 days.

Mushrooms - Store in the refrigerator in the bag in which they came. Use within 5 days.

Red Wine Dijon Vinaigrette - Store in the refrigerator. Use within 5 days. (Ingredients: red wine vinegar, dijon mustard, shallots, Patty's Herbs shallots, Texas Olive Ranch extra virgin olive oil, salt and, pepper)

Lettuce - Store in crisper drawer of refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

***Contains egg and shellfish.**

****Not made with gluten, dairy, egg, nuts, peanuts or fish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**