

Shawarma White Bean & Kale Sauté

with Feta Cheese & Lemon Yogurt

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients

ADDED:



10 oz Tail-On Shrimp¹ 



2 cloves Garlic



1 tsp Preserved Lemon Purée



2 Pasture-Raised Eggs



6 oz Kale



½ cup Plain Nonfat Greek Yogurt



1 Tbsp Shawarma Spice Blend²



1 15.5-oz can Cannellini Beans



1 Bell Pepper



1 ½ oz Feta Cheese



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



4-9

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 4-9 Points. Scan the barcode to see yours!



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

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. peeled & deveined 2. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Drain and rinse the **beans**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Combine the **sliced pepper** and **chopped garlic** in a bowl.
- Separate the **kale** leaves from the stems; discard the stems, then thinly slice the leaves.
- In a bowl, combine the **yogurt** and **lemon purée**; season with salt and pepper.



2 Cook the beans

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **drained beans**; season with salt, pepper, and **as much of the spice blend as you'd like** (you may have extra). Cook, stirring occasionally, 3 to 4 minutes, or until the beans are slightly crispy.
- Transfer to a bowl.
- Rinse and wipe out the pan.



3 Cook & finish the vegetables

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **prepared pepper and garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **sliced kale**. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.



Step 3 continued:

- Add **¼ cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Add the **cooked beans**. Cook, stirring constantly, 30 seconds to 1 minute, or until combined and heated through.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.

CUSTOMIZED STEP 3 If you chose Shrimp

- 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** and **prepared pepper and garlic** in an even layer. Cook, without stirring, 1 to 2 minutes, or until the shrimp are slightly opaque.
- Add the **sliced kale**. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add **¼ cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Add the **cooked beans**. Cook, stirring constantly, 30 seconds to 1 minute, or until combined and the shrimp are opaque and cooked through.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.

4 Fry the eggs & serve your dish

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness. Turn off the heat.
- Divide the **lemon yogurt** between two dishes; spread into an even layer.
- Serve the **finished yogurt** topped with the **finished vegetables and beans** and **fried eggs**. Garnish with the **cheese** (crumbling before adding). Enjoy!



CUSTOMIZED STEP 4 If you chose Shrimp

- Fry the eggs and serve your dish as directed with the **finished shrimp, vegetables, and beans**.