

Tupperware®

Serves: 4 • Serving size: 6 shrimp, about ¾ cup salad



PREP: 10 minutes
COOK: 7 minutes + 5 minutes standing time

SHRIMP with Tomatoes, Green Beans & Potatoes

3 cups water
1½ cups chopped red potatoes
1¼ tsp. kosher salt, divided
1½ cups fresh green beans, trimmed
24 fresh medium shrimp, peeled and deveined, with tails on
1 large heirloom tomato, chopped (about 1 cup)

For the vinaigrette:

1 garlic clove, peeled
½ cup extra virgin olive oil
2 tbsp. red wine vinegar
½ tsp. mustard
1 tsp. dried oregano

1. In the base/water reservoir of the Tupperware® Smart Multi-Cooker, combine water, potatoes and ½ tsp. of the salt. Place green beans in shielded colander and stack on top of base. Cover with shielded cover and microwave on high power 4 minutes. Remove from microwave.
2. Add tomatoes to shielded colander. Place shrimp in shallow colander, season with ¼ tsp. of the salt, and stack on top of shielded colander. Cover with shielded cover and microwave on high power an additional 3 minutes. Remove from microwave, let stand, covered, 5 minutes.
3. In the base of the Chop 'N Prep™ Chef, combine garlic, olive oil, vinegar, mustard, oregano and remaining salt. Cover and pull cord until well blended.
4. Drain potatoes and return to base of Smart Multi-Cooker. Add green beans, tomatoes, shrimp and vinaigrette. Gently stir to coat with vinaigrette. Serve warm, or cover and refrigerate 20 minutes to serve chilled.

Nutritional Information (per serving):

Calories: 270 Total Fat: 19g Saturated Fat: 2.5g Cholesterol: 45mg
Carbohydrate: 55g Sugar: 3g Fiber: 2g Protein: 7g Sodium: 430mg
Vitamin A: 4% Vitamin C: 25% Calcium: 6% Iron: 6%

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