



Crispy Shrimp & Broccoli

with Creamy Lemon Herb Dip



20-30min



2 Servings

One bite of this dish will transport you to a warm, breezy day at a seaside restaurant. The shrimp are lightly fried in oil infused with spicy crushed red pepper flakes and fragrant garlic. This flavored oil also comes back into play as a zesty topper. A creamy dip served alongside is the only other thing you'll need for this meal—well, maybe besides a chilled beer.

What we send

- garlic
- 1 oz scallions
- 2 (½ lb) broccoli
- 10 oz pkg shrimp ²
- 2 oz panko ³
- ¼ oz fresh parsley
- 1 lemon
- 2 (1 oz) sour cream ⁴
- 2 oz mayonnaise ^{1,5}
- 1 pkt crushed red pepper

What you need

- neutral oil
- kosher salt & ground pepper
- 1 large egg ¹

Tools

- rimmed baking sheet
- microplane or grater
- large skillet

Allergens

Egg (1), Shellfish (2), Wheat (3), Milk (4), Soy (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

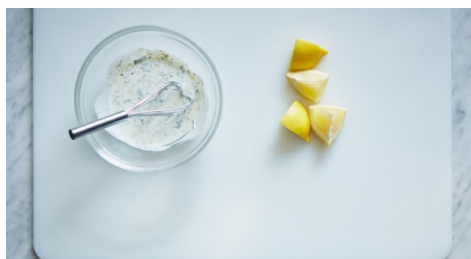
Nutrition per serving

Calories 910kcal, Fat 68g, Carbs 42g, Protein 38g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Lightly **oil** a rimmed baking sheet. Thinly slice **2 large garlic cloves**. Thinly slice **scallions**. Trim stem ends from **broccoli**, then cut crowns into ½-inch florets. Rinse **shrimp** under cool water, then pat dry; season lightly with **salt** and **pepper**. Transfer **panko** to a large bowl; season with **salt** and **pepper**.



4. Make lemon herb dip

Meanwhile, pick and finely chop **parsley leaves**, discarding **stems**. Finely grate **lemon zest** and squeeze **1 teaspoon lemon juice** into a medium bowl. Stir in **all of the sour cream, mayonnaise**, and half of the parsley; season to taste with **salt** and **pepper**. Cut any remaining lemon into wedges.



2. Bread shrimp & broccoli

In a medium bowl, beat **1 large egg** with **1 tablespoon water** and season with **salt** and **pepper**. Coat **broccoli** in egg then lift, letting excess egg drip back into the bowl. Place broccoli in bowl with **panko** and toss to coat. Transfer broccoli to prepared baking sheet. Repeat same breading process with **shrimp**. Transfer shrimp to a plate.



5. Fry aromatics

Heat **¼ cup oil** in a large skillet over medium heat. Add **sliced scallions** and **garlic** and a **pinch of crushed red pepper flakes**. Fry until lightly golden and fragrant, about 4 minutes. Using a slotted spoon, carefully transfer garlic, scallions, and red pepper flakes to a paper towel-lined plate. Increase heat under skillet with **oil** to medium-high.



3. Roast broccoli

Drizzle **broccoli** with **2 tablespoons oil**. Roast on center oven rack until tender and golden brown, 15-20 minutes.



6. Fry shrimp & serve

Add **shrimp** to skillet in a single layer (**oil** should sizzle vigorously). Cook, flipping once, until golden brown and cooked through, 1-2 minutes per side. Transfer to a paper towel-lined plate. Serve **broccoli** and **shrimp** topped with **fried aromatics** and **remaining parsley** with **dip** alongside and **any lemon wedges** for squeezing over. Enjoy!