

DINNERLY



Low-Cal Mediterranean Shrimp Scampi with Rice Pilaf



20-30min



2 Servings

This dish is Mediterranean cooking at its best—simple, light, quick, and VERY flavorful. Oregano, garlic, and lemon (zest and juice) coat shrimp before it's broiled and tossed with charred bell peppers. The scampi is served atop a bed of fluffy rice pilaf. All that's left for you to do scatter fresh scallions on top, and pour yourself a tall glass of white. We've got you covered!

WHAT WE SEND

- 1 oz scallions
- 5 oz jasmine rice
- 1 bell pepper
- 1 lemon
- ½ lb pkg shrimp ^{2,17}
- ¼ oz dried oregano

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

- small saucepan
- microplane or grater
- rimmed baking sheet

COOKING TIP

Use shrimp immediately or freeze.

ALLERGENS

Shellfish (2), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 600kcal, Fat 26g, Carbs 65g, Protein 25g



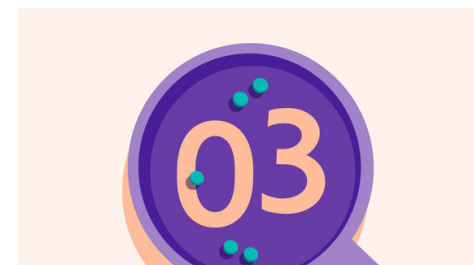
1. Toast rice

Trim ends from **scallions**, then thinly slice. Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **rice** and **half of the scallions**; cook, stirring occasionally, until scallions are fragrant and rice is toasted, 2–3 minutes.



2. Cook rice pilaf

To saucepan with **rice**, stir in **1¼ cups water** and **½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm until ready to serve.



3. Prep ingredients

While **rice** cooks, finely chop **2 teaspoons garlic**. Halve **pepper**; discard stem and seeds and cut into ½-inch pieces. Into a large bowl, finely grate **½ teaspoon lemon zest** and squeeze **1 tablespoon juice**; cut any remaining lemon into wedges.

Rinse **shrimp** and pat very dry (first thaw under cool running water, if necessary).

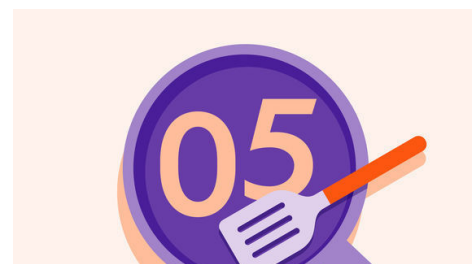
Preheat broiler with a rack in the top position.



4. Broil peppers

To bowl with **lemon juice and zest**, add **shrimp**, **2 teaspoons chopped garlic**, **1 teaspoon dried oregano**, **2 tablespoons oil**, and **a pinch each of salt and pepper**; toss to combine.

On a rimmed baking sheet, toss **peppers** with **2 teaspoons oil** and **a pinch each of salt and pepper**. Broil on top oven rack until tender and browned in spots, 3–5 minutes (watch closely).



5. Finish & serve

Scatter **shrimp** over **peppers** and return to top oven rack; broil until shrimp are cooked through, about 2 minutes (watch closely). Fluff **rice pilaf** with a fork.

Serve **rice pilaf** topped with **shrimp and peppers**. Sprinkle with **remaining scallions** and serve **any lemon wedges** on the side for squeezing over. Enjoy!



6. Take it to the next level

Make it extra saucy with a quick, DIY tomato salsa. In a medium bowl, combine chopped tomatoes, lemon zest, chopped olives, grated garlic, and oil. Season to taste with salt and pepper. Spoon it over your shrimp scampi for a little pizzaz.