



Upgrade with Wild Shrimp

Fast! Shrimp in Purgatory



ca. 20min



2 Servings

| This version of the recipe is customized with wild caught shrimp.

What we send

- 2 (3 oz) orzo ¹
- ½ lb broccoli
- ¾ oz Parmesan ⁷
- 1 oz panko ¹
- 10 oz pkg wild caught shrimp ²
- 8 oz marinara sauce
- 1 oz capers ¹²
- 1 pkt crushed red pepper

What you need

- olive oil
- kosher salt & ground pepper
- garlic

Tools

- medium saucepan
- rimmed baking sheet
- microplane or grater
- medium nonstick skillet

Allergens

Wheat (1), Shellfish (2), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 930kcal, Fat 44g, Carbs 91g, Protein 49g



1. Cook orzo

Preheat broiler with a rack in the upper third. Heat **1 teaspoon oil** in medium saucepan over medium-high. Add **orzo** and cook, stirring, until pasta is toasted, 2-3 minutes. Add **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover and reduce heat to a simmer. Cook until orzo is tender and liquid is evaporated, 12-15 minutes.



4. Cook shrimp

Rinse **shrimp**, then pat very dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add shrimp and cook, flipping halfway, until opaque and browned, 3-5 minutes. Stir in **garlic** and cook until fragrant, about 30 seconds.



2. Broil broccoli

Meanwhile, trim stem ends from **broccoli**, then cut crowns into 1-inch florets. On a rimmed baking sheet, toss broccoli with **2 tablespoons oil** and season with **a pinch each of salt and pepper**. Transfer to upper oven rack and broil until broccoli is lightly charred and crisp-tender, 8-10 minutes (watch closely as broilers vary).



5. Make sauce

To skillet with **shrimp**, stir in **marinara sauce, capers**, and **¼ cup water**. Bring to a simmer. Cook until flavorful and shrimp are cooked through, about 2 minutes. Season to taste with **salt** and **pepper**. Season to taste with **crushed red pepper**.



3. Prep ingredients

Finely chop **2 teaspoons garlic**. Finely grate **Parmesan**. In medium bowl, toss **panko** with **2 tablespoons oil**.



6. Toast panko & serve

Sprinkle **oiled panko** over **broccoli** and return to oven. Broil on upper oven rack until panko is browned and toasted, 30-90 seconds (watch closely, panko can burn quickly).

Fluff **orzo** with a fork, then spoon onto plates. Top **orzo** with **shrimp and sauce** and a sprinkle of **Parmesan**, and serve with **broccoli** on the side. Enjoy!