



Sheet Pan Wild Shrimp Scampi

with Roasted Corn, Zucchini & Tomato



20-30min



2 Servings

You're in for a treat because we've turned dinner into a party with this easy take on a seafood favorite. We combine sweet wild-caught shrimp with tomatoes, zucchini, and corn in a one-pan roast for concentrated flavor that is quick-to-cook and easy to clean up! Toasted ciabatta make for the perfect bite to sop up the flavors of parsley and lemon.

What we send

- garlic
- 2 plum tomatoes
- 2 zucchini
- 1 lemon
- ¼ oz fresh parsley
- 10 oz pkg wild caught shrimp ¹
- 5 oz corn
- 1 ciabatta roll ²

What you need

- olive oil
- kosher salt & ground pepper

Tools

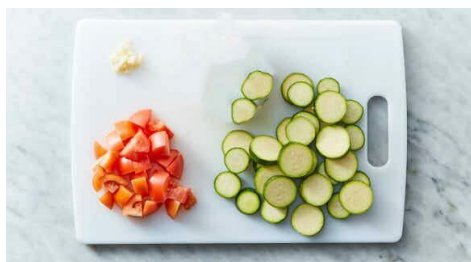
- rimmed baking sheet

Allergens

Shellfish (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 33g, Carbs 48g, Protein 37g



1. Prep vegetables

Preheat oven to 450°F with a rack in the upper third. Set a rimmed baking sheet on the upper oven rack to preheat until step 5.

Finely chop **1 tablespoon garlic**. Cut **tomatoes** into 1-inch pieces. Cut **zucchini** crosswise into ½-inch thick rounds (halve lengthwise, if large).



4. Prep ciabatta & zucchini

Cut or tear **ciabatta** into 1-inch pieces and transfer to a second medium bowl. Add **zucchini, lemon slices, remaining chopped garlic, 2 tablespoons oil, and a pinch each of salt and pepper**.



2. Prep dressing & parsley

Cut **half of the lemon** into very thin rounds. Squeeze **1 tablespoon lemon juice** from remaining half into a small bowl, then whisk in **1 tablespoon oil** and **a pinch each of salt and pepper**. Reserve **lemon dressing** for step 6. Pick **parsley leaves**; discard stems.



5. Roast ciabatta & zucchini

Carefully, add **ciabatta and zucchini mixture** to preheated baking sheet, spreading into an even layer. Roast on upper oven rack until ciabatta is lightly toasted and zucchini is browned in spots, about 15 minutes, stirring halfway through (watch closely as ovens vary).



3. Marinate shrimp

Rinse **shrimp**, then pat very dry.

Add shrimp to a medium bowl along with **tomatoes, corn, and ⅔ of the chopped garlic**. Add **1 tablespoon oil** and **a pinch each of salt and pepper**; stir to combine. Let sit until step 6.



6. Roast shrimp & serve

Add **marinated shrimp and veggies** to baking sheet with **ciabatta and zucchini**. Roast on upper oven rack until shrimp are pink and just cooked through, and **tomatoes** are just beginning to break down, stirring once or twice, 6-8 minutes.

Use a spatula to transfer **scampi mixture** to plates. Drizzle with **reserved lemon dressing** and garnish with **torn parsley leaves**. Enjoy!