



Garlic-Parmesan Shrimp Foil Packets with Broccoli & Couscous



30-40min



2 Servings

This recipe already has a lot going for it, flavor-wise: garlicky shrimp, tender broccoli, and couscous sprinkled with Parm and a homemade oregano vinaigrette. But there's another reason it's going to be your new weeknight favorite—easy clean up! Pile all those ingredients into some foil or parchment paper, stick it in the oven, and open for a tasty surprise. **242**

We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- ¼ oz dried oregano
- ½ lb pkg shrimp ^{2,17}
- 2 (3 oz) couscous ¹
- ¾ oz Parmesan ⁷

WHAT YOU NEED

- garlic
- olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper
- 4 Tbsp butter ⁷

TOOLS

- microplane or grater
- rimmed baking sheet

ALLERGENS

Wheat (1), Shellfish (2), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 810kcal, Fat 40g, Carbs 75g, Protein 36g



1. Prep & make vinaigrette

Preheat oven to 400°F with a rack in the center. Cut 2 pieces of foil or parchment paper into 12x20-inch rectangles.

Finely chop 2 **teaspoons garlic**. Finely grate **Parmesan**, if necessary. Cut **broccoli** into 1-inch florets, if necessary.

In a small bowl, stir to combine 1 **teaspoon oregano**, ½ **teaspoon of the chopped garlic**, and 2 **tablespoons each of oil and vinegar**; set aside.



2. Prep shrimp

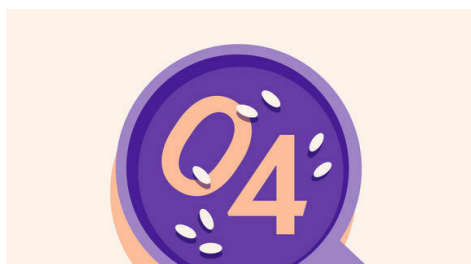
Rinse **shrimp** and pat very dry. Season with **remaining chopped garlic** and a **pinch each of salt and pepper**.

In a medium bowl, mix to combine **couscous** with 1½ **cups water** and ½ **teaspoon salt**. Let sit until most of the water is absorbed, 3–5 minutes.



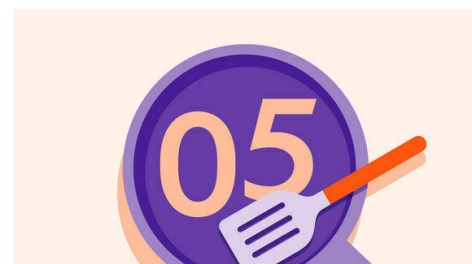
3. Build packets

Lightly **oil** one side of foil or parchment paper. Building in the center, divide **couscous** between each packet, then top with **broccoli** and **shrimp**. Season with **salt** and **pepper**. Top packets with 2 **tablespoons butter each**. Fold foil or parchment over top and pinch edges to seal.



4. Bake packets

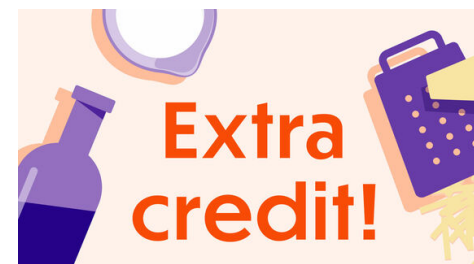
Place **packets** on a rimmed baking sheet; bake on center oven rack until **couscous** is fluffy and **shrimp** is cooked through, 15–20 minutes.



5. Finish & serve

Remove **packets** from oven and let rest for 2 minutes (open carefully, they'll release steam).

Serve **shrimp foil packets** with **Parmesan** sprinkled over top and with a **drizzle of oregano vinaigrette**. Enjoy!



6. A squeeze of lemon

Lemon is a shrimp's best friend! Add an extra layer of brightness to the dish by adding lemon slices in the packets before baking, or squeeze fresh lemon juice over top before serving.