

DINNERLY



Seared Shrimp with Corn Polenta

Blistered Tomatoes & Roasted Broccolini



40-50min



2 Servings

Oh to be a plump shrimp swimming in a pool of creamy polenta. What a dream! We've got you covered!

WHAT WE SEND

- 2 ears of corn
- 1 large pkg grape tomatoes
- 1 lemon
- 2 (¾ oz) Parmesan ²
- 10 oz pkg shrimp ³
- ½ lb broccolini
- 3 oz quick-cooking polenta
- 1 pkt crushed red pepper
- 1 pkt seafood broth concentrate ^{1,3}
- ¼ oz fresh parsley

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil
- 4 Tbsp unsalted butter ²

TOOLS

- microplane or grater
- microwave
- medium saucepan
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 970kcal, Fat 59g, Carbs 74g, Protein 45g



1. Prep ingredients

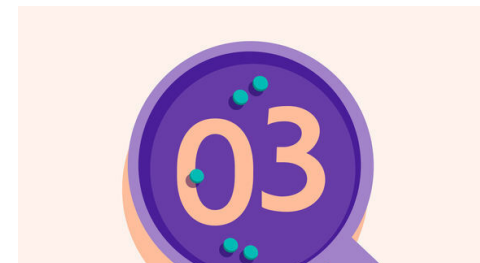
Remove **corn kernels** from cobs. Halve **tomatoes**. Thinly slice **2 garlic cloves**. Zest **half of the lemon** then cut lemon into wedges. Finely grate **Parmesan**, if necessary. Pat **shrimp** dry and season with **salt** and **pepper**.

Add **broccolini** to a microwave-safe bowl and cover with a plate. Heat until just softened, 1–2 minutes.



2. Cook polenta

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **corn** and cook, stirring occasionally, until just softened, about 2 minutes. Add **3 cups water** and **1 teaspoon salt**; bring to a boil. Gradually stir in **polenta**; return to a boil. Cover, reduce heat to low, and cook, whisking occasionally, until grains are tender and polenta is thickened, about 10 minutes.



3. Cook broccolini

Meanwhile, add **lemon zest**, **sliced garlic**, a **pinch of red pepper flakes**, and **2 tablespoons oil** to a medium skillet. Heat over medium, stirring frequently, until garlic just begins to brown, 1–3 minutes.

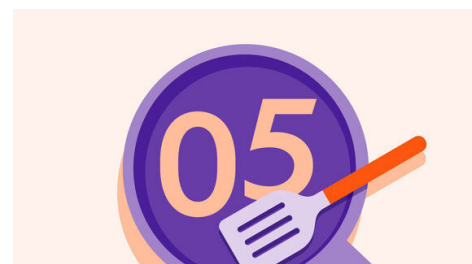
Add **broccolini** and toss to coat in the **seasoned oil** until warmed through; season to taste with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



4. Cook tomatoes & shrimp

Heat **1 more tablespoon oil** in same skillet. Add **tomatoes**; season with **salt** and **pepper**. Cook over medium heat, stirring occasionally, until beginning to soften, 2–4 minutes.

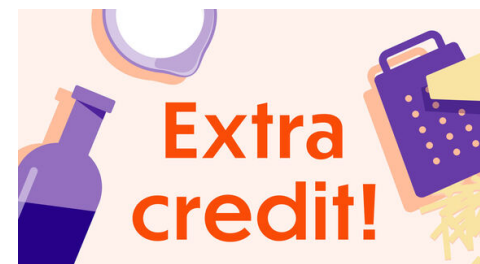
Add **broth packet** and **¼ cup water**; bring to a simmer. Add **shrimp**; cook until pink, 5–8 minutes, flipping if needed. Add **2 tablespoons butter**; stir until melted. Season to taste.



5. Serve

Coarsely chop **parsley leaves**, discarding stems. Stir **Parmesan** and **2 tablespoons butter** into **polenta**; season to taste with **salt** and **pepper**.

Transfer **corn polenta** to plates. Top with **shrimp and tomatoes** and garnish with **parsley leaves**. Serve **broccolini** on the side. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.