

DINNERLY



Scampi Pan Roast with Large Shrimp! & Cheesy Garlic Bread



20-30min



2 Servings

We made a low carb, low calorie take on shrimp scampi. We serve the garlicky, buttery shrimp with broccoli and cheesy garlic bread to soak up all the flavors. We've got you covered!

WHAT WE SEND

- 1 red onion
- ½ lb broccoli
- 10 oz pkg shrimp ²
- ¾ oz Parmesan ¹
- 2 mini French rolls ³

WHAT YOU NEED

- butter ¹
- kosher salt & ground pepper
- olive oil
- garlic
- white wine vinegar (or apple cider vinegar)

TOOLS

- medium heavy skillet (preferably cast-iron)
- box grater
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

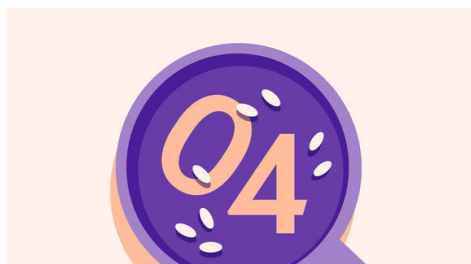
Calories 500kcal, Fat 27g, Carbs 34g, Protein 33g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Halve **onion**, then cut through root end into ½-inch wedges. Cut **broccoli** into ½-inch florets, if necessary. Place **2 tablespoons butter** in a medium bowl to soften until step 3.

Rinse **shrimp** and pat very dry; season with **salt** and **pepper**.



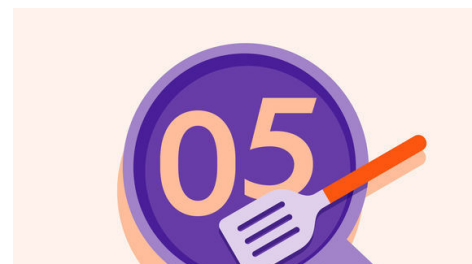
4. Broil shrimp

Add **shrimp** and **1 teaspoon oil** to skillet with **broccoli and onions**, tossing to combine. Broil on upper oven rack until shrimp are cooked though, about 3 minutes (watch closely as broilers vary). Add **remaining ½ teaspoon chopped garlic** and **1 teaspoon each of oil and vinegar**, stirring to combine.



2. Roast broccoli & onions

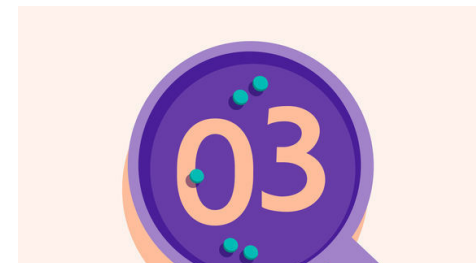
Transfer **onions** and **broccoli** to a medium ovenproof skillet (preferably cast iron). Toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on upper oven rack until tender and browned in spots, about 20 minutes. Remove skillet from oven and switch to broil.



5. Make garlic bread & serve

Transfer **rolls**, cut sides up, to a rimmed baking sheet. Spread **garlic butter** over top. Broil on upper oven rack until **Parmesan** is melted and **rolls** are lightly toasted, about 3 minutes (watch closely).

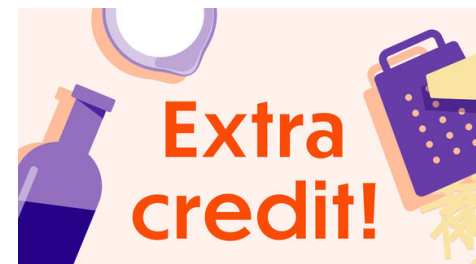
Serve **shrimp scampi pan roast** drizzled with **oil** with **cheesy garlic bread** alongside. Enjoy!



3. Make garlic butter

Meanwhile, finely chop **1 teaspoon garlic**. Using the large holes of a box grater, coarsely grate **Parmesan**, if necessary, into bowl with **softened butter**. Add **½ teaspoon of the chopped garlic** and a **pinch each of salt and pepper**. Use a fork to mash to combine.

Split **rolls** crosswise.



6. Carbo-load!

Twirl it all together with a forkful of linguine! Make a pan sauce of dry white wine, lemon juice, chopped garlic, and butter; bring to a simmer. Add cooked linguine, tossing to coat. Fold in your shrimp scampi!