



## Low-Cal Sheet Pan 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 shrimp with veggies like 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 basil and lemon.



## What we send

- garlic
- ½ lb plum tomatoes
- 14 oz zucchini
- 1 lemon
- ½ oz fresh basil
- 10 oz shrimp (use immediately or freeze) <sup>2</sup>
- 5 oz corn
- 1 ciabatta roll <sup>1</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

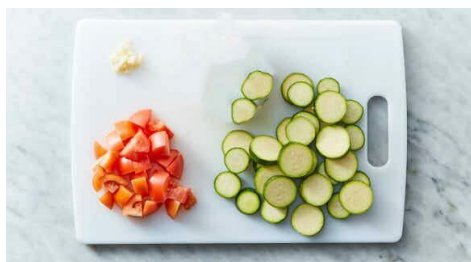
- rimmed baking sheet

## Allergens

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

## Nutrition per serving

Calories 610kcal, Fat 32g, Carbs 51g, Proteins 33g



### 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 & basil

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 **basil 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. (First thaw under cool running water, if necessary.) Add shrimp to a medium bowl along with **tomatoes, corn**, and **¾ 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 basil leaves**. Enjoy!