



20-Min: Shrimp in Purgatory

with Orzo Pilaf & Charred Broccoli



ca. 20min



2 Servings

We love Italian food for its simplicity and bold flavors. “In Purgatory” is a Southern Italian method for poaching eggs in a spicy tomato sauce. In our version, we sauté tender shrimp in garlic and olive oil and add them to pre-made marinara sauce jazzed up with capers and crushed red pepper. Serve the saucy, spicy shrimp over toasted orzo pilaf alongside roasted broccoli. This meal is sure to send your taste buds to heaven.

What we send

- 6 oz orzo ¹
- ½ lb broccoli
- garlic
- ¾ oz Parmesan ⁷
- 1 oz panko ^{1,6}
- 10 oz pkg shrimp ²
- 8 oz marinara sauce
- 1 oz capers ¹²
- 1 pkt crushed red pepper

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium saucepan
- rimmed baking sheet
- microplane or grater
- medium nonstick skillet

Allergens

Wheat (1), Shellfish (2), Soy (6), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 940kcal, Fat 46g, Carbs 93g, Proteins 45g



1. Cook orzo

Preheat broiler with a rack in the upper third. Heat **1 teaspoon oil** in medium saucepan over medium-high. Add **orzo** and cook, stirring, until pasta is toasted, 2-3 minutes. Add **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover and reduce heat to a simmer. Cook until orzo is tender and liquid is evaporated, 12-15 minutes.



4. Cook shrimp

Rinse **shrimp**, then pat very dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add shrimp and cook, flipping halfway, until opaque and browned, 3-5 minutes. Stir in **garlic** and cook until fragrant, about 30 seconds.



2. Broil broccoli

Meanwhile, trim stem ends from **broccoli**, then cut crowns into 1-inch florets. On a rimmed baking sheet, toss broccoli with **2 tablespoons oil** and season with **a pinch each of salt and pepper**. Transfer to upper oven rack and broil until broccoli is lightly charred and crisp-tender, 8-10 minutes (watch closely as broilers vary).



5. Make sauce

To skillet with **shrimp**, stir in **marinara sauce, capers**, and **¼ cup water**. Bring to a simmer. Cook until flavorful and shrimp are cooked through, about 2 minutes. Season to taste with **salt** and **pepper**. Season to taste with **crushed red pepper**.



3. Prep ingredients

Finely chop **2 teaspoons garlic**. Finely grate **Parmesan**. In medium bowl, toss panko with **2 tablespoons oil**.



6. Toast panko & serve

Sprinkle **oiled panko** over **broccoli** and return to oven. Broil on upper oven rack until panko is browned and toasted, 30-90 seconds (watch closely, panko can burn quickly).

Fluff **orzo** with a fork, then spoon onto plates. Top **orzo** with **shrimp and sauce** and a sprinkle of **Parmesan**, and serve with **broccoli** on the side. Enjoy!