



FAST

LOW CALORIE

Shrimp & Tomato Panzanella

with Caramelized Lemons & Spinach



20-30min



2 Servings

We love this clever and tasty one-pan roast! Shrimp, bread, tomatoes, and lemons get roasted together on a baking sheet. The bread gets toasty, tomatoes get jammy, lemon slices get caramelized, and shrimp quickly cooks through in the flavorful pan juices. This combination is served on a bed of spinach that wilts under the gentle heat. Pour a little white wine (or some bubbly seltzer) alongside, and you've got a killer dinner!

What we send

- 1 ciabatta roll ¹
- 1 container grape tomatoes
- 1 lemon
- garlic (use 2 large cloves)
- 1 oz capers
- 10 oz pkg wild US Gulf shrimp ²
- 3 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper

Tools

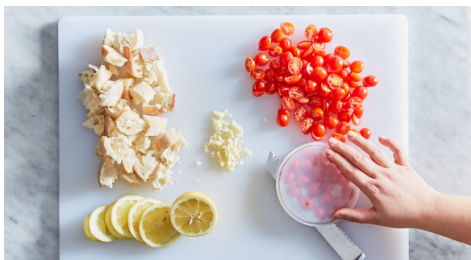
- microplane or grater
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 600kcal, Fat 37g, Carbs 48g, Protein 28g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Cut **roll** into 1-inch pieces. Cut **grape tomatoes** in half. (**Time saver:** sandwich tomatoes between two plastic deli lids, and cut through the middle.) Thinly slice **half of the lemon** into rounds (reserve remaining half for step 5). Pick seeds out of lemon slices. Peel and grate (or finely chop) **2 large garlic cloves**.



4. Add shrimp

Add **shrimp** to the same bowl and toss with **2 teaspoons oil**. Season lightly with **salt** and **pepper** and transfer to the baking sheet with **tomatoes and croutons**. Roast on center oven rack until shrimp are just cooked through, 5-7 minutes. (Some **croutons** will get extra toasty—watch closely so they don't burn.) Rinse and dry bowl.



2. Toast croutons

In a medium bowl, combine **bread cubes** with **1 tablespoon oil**, and toss to coat. Transfer to a rimmed baking sheet, and toast on center oven rack until barely golden, 2-3 minutes (watch closely, as ovens vary).



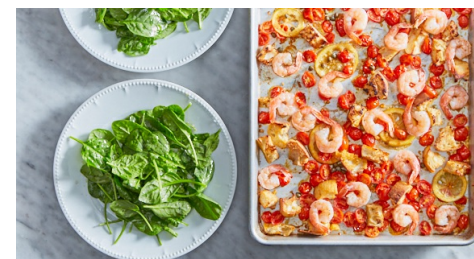
5. Make salad

Squeeze **1½ tablespoons lemon juice** from remaining lemon half into the same bowl; whisk in **2 tablespoons oil** and season to taste with **salt** and **pepper**. Add **spinach** and toss to coat.



3. Add tomatoes & lemon

Return **croutons** to the same bowl. Add **tomatoes, lemon slices, garlic, capers, 1½ tablespoons oil, a generous pinch of salt, and a few grinds pepper**, and toss to combine. Spread evenly on same baking sheet. Roast on center oven rack until tomatoes and lemon begin to soften, stirring once, about 5 minutes.



6. Serve

Serve **spinach salad** topped with **shrimp, croutons, tomatoes, capers, and caramelized lemon slices**. Season to taste with **salt** and **pepper**. Enjoy!