



## Pepperoncini Wild-Caught Shrimp & Broccoli

with Creamy Lemon Herb Dip



20-30min



2 Servings

One bite of this dish will transport you to a breezy day at a seaside restaurant. The shrimp is lightly fried in oil that's been infused with spicy pepperoncini and fragrant garlic, both of which come back into play as zesty toppers. Oven-fried breaded broccoli and an herby, citrusy dip served alongside are all you'll need to complete the meal—well, except for a chilled beer.

## What we send

- 1½ oz pepperoncini <sup>12</sup>
- ½ lb broccoli
- 10 oz pkg wild caught shrimp <sup>2</sup>
- 2 oz panko <sup>1</sup>
- ¼ oz fresh parsley
- 1 lemon
- 2 (1 oz) sour cream <sup>7</sup>
- 1 oz mayonnaise <sup>3,6</sup>

## What you need

- neutral oil, such as vegetable
- kosher salt & pepper
- large eggs <sup>3</sup>
- garlic

## Tools

- rimmed baking sheet
- large skillet
- microplane or grater

## Allergens

Wheat (1), Shellfish (2), Egg (3), 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 880kcal, Fat 64g, Carbs 40g, Protein 46g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the center position. Lightly **oil** a rimmed baking sheet. Thinly slice **pepperoncini** into rings; discard stems. Peel and thinly slice **2 large garlic cloves**. Cut **broccoli** into small florets. Pat **shrimp** dry and season lightly with **salt** and **pepper**. Place **panko** in a large bowl, and season with **salt** and **pepper**.



### 4. Make dip

Meanwhile, pick **parsley leaves** from stems. Discard stems, and finely chop leaves. Into a medium bowl, finely grate **lemon zest**, then squeeze **1 teaspoon lemon juice** from half of the lemon. Stir in **all of the sour cream, 2 tablespoons mayonnaise**, and **half of the parsley**; season to taste with **salt** and **pepper**. Cut any remaining lemon into wedges.



### 2. Bread shrimp & broccoli

In a medium bowl, beat **1 large egg** with **1 tablespoon water**; season with **salt** and **pepper**. Dip **broccoli florets** in **egg**, letting excess egg drip back into bowl. Dredge in panko, tossing to coat completely. Transfer broccoli to the prepared baking sheet. Repeat the same breading process with **shrimp**. Transfer shrimp to a plate.



### 5. Fry garlic & pepperoncini

Heat **¼ cup oil** in a large skillet over medium until shimmering. Add **pepperoncini** and **garlic** and fry until lightly golden, about 4 minutes. Use a slotted spoon to transfer garlic and pepperoncini to a paper towel-lined plate, reserving **infused oil** in skillet.



### 3. Roast broccoli

Drizzle **broccoli** with **2 tablespoons oil**, and roast broccoli on center oven rack until tender and golden-brown, 15-20 minutes.



### 6. Fry shrimp & serve

Increase heat to medium-high and add shrimp in a single layer to same skillet. Fry, flipping once, until golden-brown and crunchy, 1-2 minutes per side. Place **broccoli** and **shrimp** on a platter. Sprinkle with **fried garlic and pepperoncini** and **remaining parsley**. Serve with **lemon herb dip** and **any lemon wedges** on the side for squeezing over. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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