



Wild Caught Shrimp Scampi

with Parmesan Polenta & Spinach Salad



20-30min



2 Servings

Shrimp scampi is an enduring classic, and for good reason. After all, it's hard to beat the flavors of fresh garlic, parsley, and lemon, especially when sweet quick-cooking wild shrimp get tossed into the mix. We serve our scampi over creamy Parmesan polenta, topped off with a zippy lemon gremolata.

What we send

- 1 lemon
- garlic
- 2 (¾ oz) Parmesan ⁷
- ½ oz fresh parsley
- 1 oz sour cream ⁷
- 3 oz quick-cooking polenta
- 10 oz pkg wild caught shrimp ²
- 5 oz baby spinach

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar
- butter ⁷

Tools

- medium saucepan
- microplane or grater
- medium skillet

Allergens

Shellfish (2), Milk (7), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 700kcal, Fat 44g, Carbs 34g,
Protein 44g



1. Prep ingredients

Bring **2¾ cups water** and **1 teaspoon salt** to a boil in a medium saucepan over high heat.

Finely grate **½ teaspoon lemon zest**.
Finely grate **all of the Parmesan**.

Finely chop **2 teaspoons garlic**. Pick and coarsely chop **parsley leaves**, discarding stems.



4. Cook shrimp

Rinse **shrimp**, then pat very dry.

Heat **2 tablespoons butter** in a medium skillet over medium-high. Add shrimp and **remaining chopped garlic**; cook until shrimp are pink and cooked through, 2-3 minutes. Season with **pepper**. Off heat, stir in **half of the reserved gremolata** and **1 tablespoon water**. Cover to keep warm.



2. Make dressing & gremolata

In a medium bowl, stir to combine **sour cream**, **half of the chopped parsley**, **1 tablespoon each of oil and vinegar**, and **a pinch of sugar**. Season to taste with **salt** and **pepper**. Reserve for step 5.

In a small bowl, combine **lemon zest**, **remaining chopped parsley**, **half of the chopped garlic**, and **1 tablespoon oil**; season to taste with **salt** and **pepper**. Reserve for step 4.



5. Finish salad & polenta

Whisk **reserved dressing** again to combine, then add **spinach**, tossing to combine.

To saucepan with **polenta**, stir in **1 tablespoon butter** and **half of the Parmesan** (add 1-2 tablespoons water if too thick). Season to taste with **salt**.



3. Cook polenta




Whisk **polenta** into saucepan with boiling **water**, then reduce heat to low. Cook, whisking often, until thickened and tender, 5-7 minutes. Cover to keep warm off heat until step 5.



6. Serve

Serve **polenta** topped with **shrimp**, **remaining gremolata**, and **some of the Parmesan**. Serve **salad** and **remaining Parmesan** alongside. Enjoy!

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

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