



Tray Bake: Shrimp in Purgatory

with Arugula-Parmesan Salad & Ciabatta



20-30min



2 Servings

This dinner shortcut is no work, all flavor. Just mix the ingredients in our easy-to-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. Inspired by the Southern Italian dish, Uova in Purgatorio (eggs in purgatory), shrimp simmer away in a spicy tomato sauce brimming with flavor from the addition of capers and hondashi. Scoop up every bite with crusty bread, and enjoy with an arugula-Parm salad.

What we send

- aluminum foil tray
- 6 oz grape tomatoes
- 8 oz marinara sauce
- 1 oz capers
- 1 pkt crushed red pepper
- ¼ oz hondashi ¹
- 10 oz pkg shrimp ²
- 2 ciabatta rolls ³
- ¼ oz fresh parsley
- ¾ oz Parmesan ⁴
- 5 oz arugula

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar)

Tools

- microplane or grater
- vegetable peeler

Allergens

Fish (1), Shellfish (2), Wheat (3), Milk (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

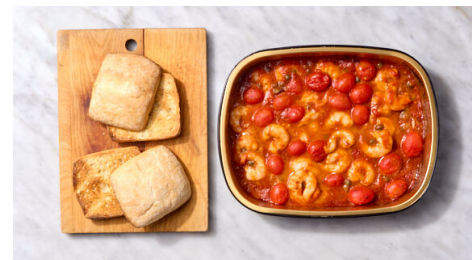
Nutrition per serving

Calories 500kcal, Fat 15g, Carbs 60g, Protein 37g



1. Bake tomatoes

Preheat oven to 450°F with a rack in the center. In aluminum baking tray, toss **tomatoes** with **1 teaspoon oil**; season with **salt** and **pepper**. Bake on center rack until tomatoes are softened and just starting to burst, 6-8 minutes. Add **marinara sauce, capers, crushed red pepper** (use less if desired), and **1 teaspoon hondashi**.



2. Bake shrimp

Rinse **shrimp** and pat very dry, then season all over with **salt** and **pepper**; add to tray. Bake on center rack until **sauce** is bubbling and **shrimp** are curled and just cooked through, 6-8 minutes.

Bake **bread** directly on center rack until browned and crusty, 6-8 minutes.



3. Finish & serve

Finely chop **parsley** leaves; discard stems. Finely grate **half the Parmesan** over shrimp, sprinkle with **parsley**, and drizzle with **oil**, if desired. Shave **remaining Parmesan** with a vegetable peeler. In a large bowl, toss **arugula** with **shaved Parmesan, 1 teaspoon vinegar, 2 teaspoons oil**, and **salt and pepper** to taste. Serve **shrimp** with **bread** and **salad**. Enjoy!



4. Tray bake take two!

The foil tray that makes this tray bake so easy is reusable! Wash with dish soap and water, then dry thoroughly. Next time you're ready for a tray bake, spray the tray with nonstick cooking spray for even easier clean-up.



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Martha Stewart & Marley Spoon meal!