

DINNERLY



Seared Shrimp and Blistered Tomatoes

with Corn Polenta and Broccolini



2 Servings

WHAT WE SEND

- 10 oz pkg shrimp ²
- 3 oz quick-cooking polenta
- 2 (¾ oz) Parmesan ⁷
- 1 lemon
- 1 pkt crushed red pepper
- 2 ears of corn
- ¼ oz fresh parsley
- 1 pkt seafood broth concentrate ^{2,4}
- 12 oz grape tomatoes
- ½ lb broccolini

WHAT YOU NEED

- garlic
- unsalted butter ⁷
- kosher salt & ground pepper
- olive oil

TOOLS

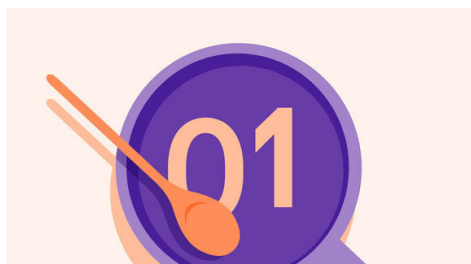
- medium saucepan
- medium skillet
- microwave
- microplane or grater

ALLERGENS

Shellfish (2), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 0kcal

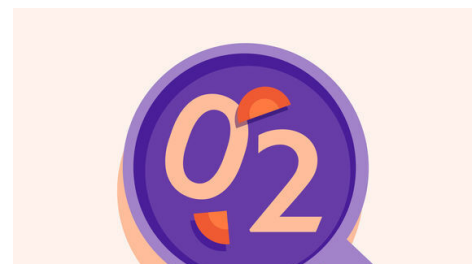


1. Prep ingredients

Remove corn kernels from cob. Halve tomatoes. Thinly slice 2 cloves of garlic. Zest half a lemon and cut remaining into wedges. Finely grate parmesan.

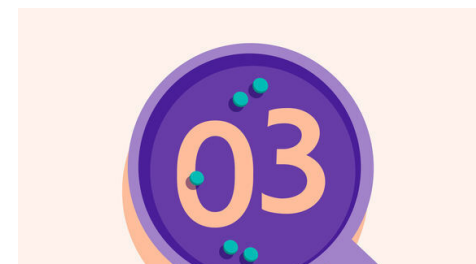
Pat shrimp dry and season with salt and pepper.

Add broccolini to a microwave safe bowl and cover with plastic wrap. Heat until just softened, 1—2 minutes.



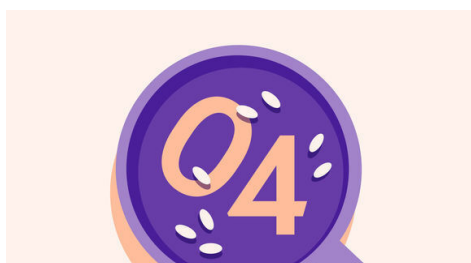
2. Cook polenta

Heat 1 tablespoon oil in medium saucepan over medium high. Add corn, season with salt and pepper. Cook, stirring occasionally, until just softened, about 2 minutes. Add 3 cups water and 1 teaspoon salt; bring to a boil. Gradually stir in **polenta**; return to a boil. Cover, reduce heat to low, and cook, whisking occasionally, until grains are tender and polenta is thickened, about 10 minutes.



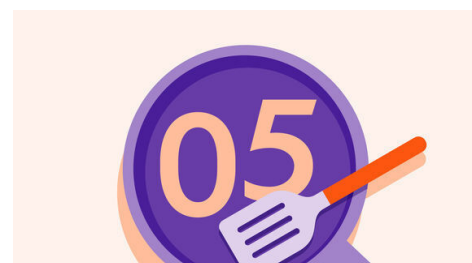
3. Cook broccolini

Add lemon zest, a pinch of red pepper flakes, sliced garlic, and 2 tablespoons oil to a medium skillet. Heat over medium, stirring frequently, until garlic just begins to brown, 1—3 minutes. Add broccoli and toss to coat in the flavored oil and warm through. Transfer to a plate and cover to keep warm.



4. Cook tomatoes

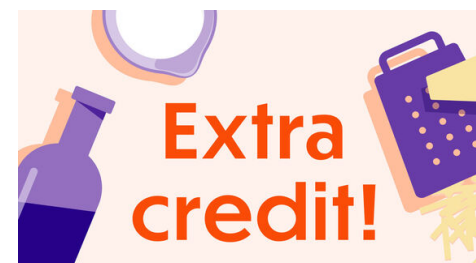
Heat 1 more tablespoon oil in same skillet. Add tomatoes and season with salt and pepper. Cook, stirring occasionally, until tomatoes just begin to break down, 2—4 minutes. Add ¼ cup water and broth concentrate; bring to a simmer. Add shrimp and cook until pink, 5—8 minutes, flipping if needed. Add 2 tablespoons butter and stir until melted, season with salt and pepper.



5. Serve

Coarsely chop parsley leaves, discarding stems.

Stir parmesan and 2 tablespoons butter into polenta; season with salt and pepper. Transfer to plates. Top with shrimp and garnish with parsley leaves. Serve broccolini on the side. Enjoy!



6.