

DINNERLY



Seared Shrimp with Corn Polenta

Blistered Tomatoes & Roasted Broccolini



40-50min



2 Servings

Oh to be a plump shrimp swimming in a pool of creamy polenta. What a dream! We've got you covered!

WHAT WE SEND

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

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil
- 4 Tbsp unsalted butter ²

TOOLS

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

ALLERGENS

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

NUTRITION PER SERVING

Calories 970kcal, Fat 59g, Carbs 74g, Protein 45g



1. Prep ingredients

Remove **corn kernels** from cobs. Halve **tomatoes**. Thinly slice **2 garlic cloves**. Zest **half of the lemon** then cut lemon into wedges. Finely grate **Parmesan**, if necessary. Pat **shrimp** dry and season with **salt** and **pepper**.

Add **broccolini** to a microwave-safe bowl and cover with a plate. Heat until just softened, 1–2 minutes.



2. Cook polenta

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **corn** and 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

Meanwhile, add **lemon zest**, **sliced garlic**, a **pinch of red pepper flakes**, and **2 tablespoons oil** to a medium skillet. Heat over medium, stirring frequently, until garlic just begins to brown, 1–3 minutes.

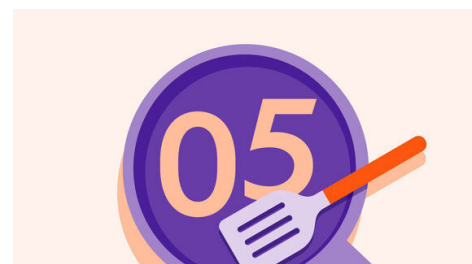
Add **broccolini** and toss to coat in the **seasoned oil** until warmed through; season to taste with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



4. Cook tomatoes & shrimp

Heat **1 more tablespoon oil** in same skillet. Add **tomatoes**; season with **salt** and **pepper**. Cook over medium heat, stirring occasionally, until beginning to soften, 2–4 minutes.

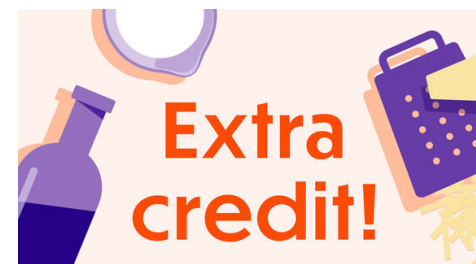
Add **broth packet** and **¼ cup water**; bring to a simmer. Add **shrimp**; cook until pink, 5–8 minutes, flipping if needed. Add **2 tablespoons butter**; stir until melted. Season to taste.



5. Serve

Coarsely chop **parsley leaves**, discarding stems. Stir **Parmesan** and **2 tablespoons butter** into **polenta**; season to taste with **salt** and **pepper**.

Transfer **corn polenta** to plates. Top with **shrimp and tomatoes** and garnish with **parsley leaves**. Serve **broccolini** on the side. Enjoy!



6. Rate your plate!

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