



## 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 <sup>17</sup>
- 1 pkt crushed red pepper
- ¼ oz hondashi <sup>4</sup>
- 10 oz pkg shrimp <sup>2</sup>
- 2 ciabatta rolls <sup>1</sup>
- ¼ oz fresh parsley
- ¾ oz Parmesan <sup>7</sup>
- 5 oz arugula

## What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar) <sup>17</sup>

## Tools

- microplane or grater
- vegetable peeler

## Allergens

Wheat (1), Shellfish (2), Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

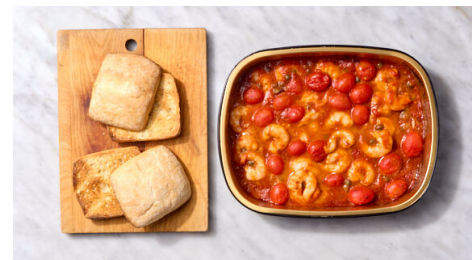
## Nutrition per serving

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!