

# DINNERLY



## Shrimp Scampi Pan Roast with Cheesy Garlic Bread



20-30min



2 Servings

We made a low carb, low calorie take on shrimp scampi. We serve the garlicky, buttery shrimp with broccoli and cheesy garlic bread to soak up all the flavors. We've got you covered!

## WHAT WE SEND

- 1 red onion
- ½ lb broccoli
- ½ lb pkg shrimp <sup>2</sup>
- ¾ oz Parmesan <sup>1</sup>
- 2 Portuguese rolls <sup>3</sup>

## WHAT YOU NEED

- butter <sup>1</sup>
- kosher salt & ground pepper
- olive oil
- garlic
- white wine vinegar (or apple cider vinegar)

## TOOLS

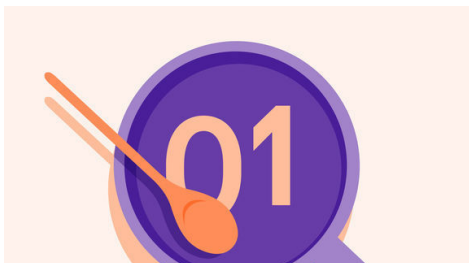
- medium heavy skillet (preferably cast-iron)
- box grater
- rimmed baking sheet

## ALLERGENS

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

## NUTRITION PER SERVING

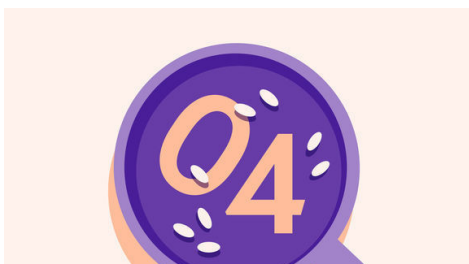
Calories 500kcal, Fat 28g, Carbs 33g, Protein 30g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Halve **onion**, then cut through root end into ½-inch wedges. Cut **broccoli** into ½-inch florets, if necessary. Place **2 tablespoons butter** in a medium bowl to soften until step 3.

Rinse **shrimp** and pat very dry; season with **salt** and **pepper**.



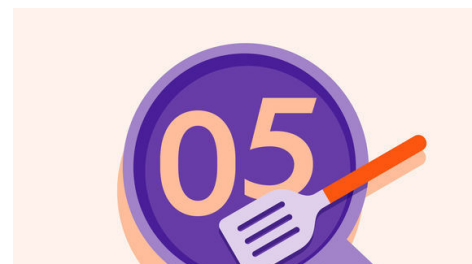
### 4. Broil shrimp

Add **shrimp** and **1 teaspoon oil** to skillet with **broccoli and onions**, tossing to combine. Broil on upper oven rack until shrimp are cooked though, about 3 minutes (watch closely as broilers vary). Add **remaining ½ teaspoon chopped garlic** and **1 teaspoon each of oil and vinegar**, stirring to combine.



### 2. Roast broccoli & onions

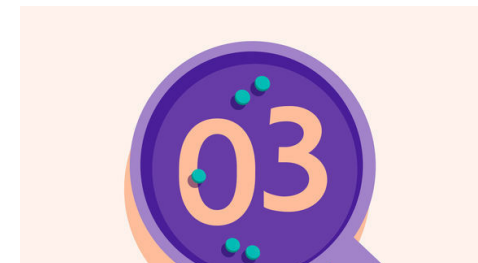
Transfer **onions** and **broccoli** to a medium ovenproof skillet (preferably cast iron). Toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on upper oven rack until tender and browned in spots, about 20 minutes. Remove skillet from oven and switch to broil.



### 5. Make garlic bread & serve

Transfer **rolls**, cut sides up, to a rimmed baking sheet. Spread **garlic butter** over top. Broil on upper oven rack until **Parmesan** is melted and **rolls** are lightly toasted, about 3 minutes (watch closely).

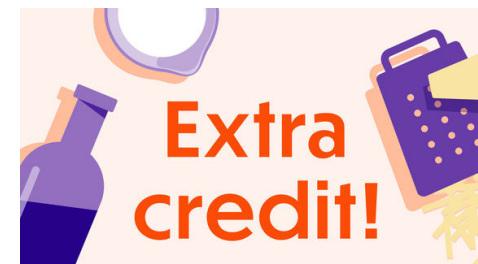
Serve **shrimp scampi pan roast** drizzled with **oil** with **cheesy garlic bread** alongside. Enjoy!



### 3. Make garlic butter

Meanwhile, finely chop **1 teaspoon garlic**. Using the large holes of a box grater, coarsely grate **Parmesan**, if necessary, into bowl with **softened butter**. Add **½ teaspoon of the chopped garlic** and a **pinch each of salt and pepper**. Use a fork to mash to combine.

Split **rolls** crosswise.



### 6. Carbo-load!

Twirl it all together with a forkful of linguine! Make a pan sauce of dry white wine, lemon juice, chopped garlic, and butter; bring to a simmer. Add cooked linguine, tossing to coat. Fold in your shrimp scampi!