

DINNERLY



Keto-Friendly Lemon-Oregano Shrimp with Roasted Broccoli



20-30min



2 Servings

Turns out you CAN have the best of both worlds, at least when it's time to eat. This uber-healthy meal checks all the nutritional boxes, but does it skimp on flavor? We wouldn't even dream of it. Garlic, butter, and lemon is all you need to turn this succulent shrimp and oven-roasted broccoli into a guilt-free party in your mouth. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 1 lemon
- 10 oz pkg shrimp ²
- ¼ oz dried oregano

WHAT YOU NEED

- garlic
- butter ¹
- kosher salt & ground pepper
- olive oil

TOOLS

- medium ovenproof skillet
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 270kcal, Fat 17g, Carbs 9g, Protein 26g

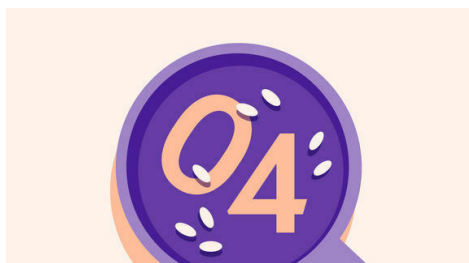


1. Prep ingredients

Preheat oven to 450°F with racks in the upper and lower thirds.

Finely chop 1 **teaspoon garlic**. Cut **broccoli** into 1-inch florets, if necessary. Slice **half of the lemon** into thin rounds; cut remaining into wedges for serving.

Cut 1½ **tablespoons butter** into small pieces.



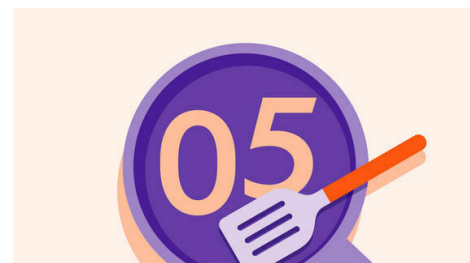
4. Bake shrimp & broccoli

Bake **broccoli** on bottom oven rack until tender and browned in spots, 7–8 minutes. Bake **shrimp** on upper oven rack until **lemon slices** are lightly browned around edges and shrimp is just curled and pink, 8–12 minutes.



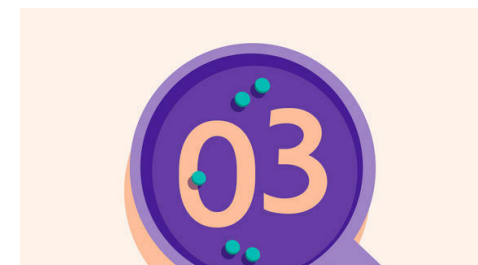
2. SHRIMP VARIATION

Pat **shrimp** dry; season all over with **salt** and **pepper**. Transfer to a medium ovenproof skillet. Arrange **lemon slices** over shrimp, then scatter **butter** evenly over top. Sprinkle with **chopped garlic** and a **generous pinch of oregano**. Carefully add 3 **tablespoons water** to skillet.



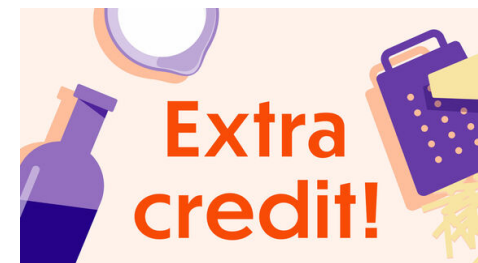
5. Serve

Serve **lemon oregano shrimp** with **roasted broccoli** alongside, and **any pan juices** spooned over top. Pass **lemon wedges** for squeezing, if desired. Enjoy!



3. Prep broccoli

On a rimmed baking sheet, toss **broccoli** with 1 **tablespoon oil**; season with **salt** and **pepper**.



6. Add a carb

We made this a low carb meal on purpose, but feel free to add a side of crusty bread or roasted potatoes for soaking up any extra pan juices.