

Lemon-Garlic Shrimp. Roasted Broccoli.

Serves 2

Prep Time: 20 minutes

This meal has very little "hands-on" time – and is sure to be loved by all!

Shopping List:

Produce

2 cloves of garlic
1 lb of broccoli
½ lemon
½ bunch of parsley

Grocery

olive oil

Frozen

½ lb of shrimp (frozen, peeled and deveined with the tail on)

Recipe:

½ lb frozen shrimp
2 cloves of garlic
¼ cup of parsley
1 lb of broccoli, broken into florets
½ lemon

1. Preheat oven to 425.
2. Place shrimp in a colander and rinse with cold water to thaw. Set aside to drain.
3. Coarsely chop the garlic and parsley, keeping separate. Set both aside.
4. On a baking sheet, toss broccoli with olive oil, salt & pepper. Roast for 10 minutes, then toss and roast an additional 5-10 minutes or until stems are tender and edges of broccoli begin to char.
5. After you toss the broccoli and return to the oven, coat a large skillet with olive oil and heat over med-high heat. Once hot, add thawed shrimp and chopped garlic to the skillet. Sprinkle with salt & pepper and sauté 3-4 minutes, stirring occasionally, or until shrimp are cooked through.
6. Remove skillet from heat, squeeze in the juice from half of a lemon and add chopped parsley. Stir to combine. Taste and season with additional salt & pepper if needed.
7. Enjoy lemon-garlic shrimp with roasted broccoli.

Cooks Tips:

- Most shrimp that you would purchase in a fish market have been frozen. So save yourself some money and opt for the bag in the freezer section of your grocery store.
- This dish also makes a great appetizer.