

## Skinnytaste Shrimp Scampi

WITH BROCCOLI ORZO

Meal Kit



### Prep & Cook Time

35-45 MIN

### Cook Within

3 DAYS

### You Will Need

Olive Oil, Salt, Pepper  
Colander, Medium Non-Stick  
Pan, Medium Pot

### Ingredients

.6 oz. Butter  
8 oz. Shrimp  
¼ tsp. Red Pepper Flakes  
4 Garlic Cloves  
¼ oz. Parsley  
1 Lemon  
6 oz. Broccoli Florets  
4 oz. Orzo Pasta  
½ oz. Grated Parmesan Cheese

### Difficulty Level

INTERMEDIATE

### Spice Level

MILD

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/23178](http://www.homechef.com/23178)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.



## Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Ingredient(s) used more than once: **garlic**



### 1. Prepare the Ingredients

- Cut **broccoli** into ½" pieces.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Stem and coarsely chop **parsley**.
- Mince **garlic**.
- Pat **shrimp** dry and season all over with a pinch of **salt** and **pepper**.



### 2. Start the Orzo

- Once **water** is boiling, add **orzo** and **broccoli**. Cook until orzo is al dente, 4-5 minutes.
- Reserve ½ cup **orzo cooking water**. Drain orzo and broccoli in a colander and set aside. Wipe pot clean and reserve.



### 3. Finish the Orzo

- Return pot used to cook orzo and broccoli to medium heat.
- Add 2 tsp. **olive oil** and half the **garlic** (reserve remaining for shrimp) to hot pot. Stir occasionally until aromatic, 30-60 seconds.
- Stir in **broccoli**, **orzo**, half the **orzo cooking water**, **cheese**, and ¼ tsp. **salt** until combined.
- Remove from burner. If too thick, add remaining orzo cooking water, 1 Tbsp. at a time, until desired consistency is reached.



### 4. Cook the Shrimp

- Place a medium non-stick pan over medium heat. Add **butter** and 1 tsp. **olive oil** to hot pan and stir until butter is melted.
- Add remaining **garlic** and stir occasionally until aromatic, 30-60 seconds.
- Add **shrimp** and cook until pink and shrimp reach a minimum internal temperature of 145 degrees, 2-3 minutes per side.
- Remove from burner and stir in **parsley**, **lemon juice**, and **red pepper flakes** (to taste).



### 5. Finish the Dish

- Plate dish as pictured on front of card, squeezing **lemon wedges** over to taste. Bon appétit!