



### Zesty Shrimp with Broccoli

Serves 4

#### Ingredients:

- 1 1/2 pounds shrimp, 16-20 count, peeled, tail on, uncooked, frozen/thawed
- 3 tablespoons olive oil
- 1 pound (about 6 cups) broccoli, florets and stems chopped
- 3 tablespoons garlic, minced
- 2 tablespoons fresh ginger, peeled and minced
- 1 1/2 cups tomatoes, chopped
- 1/2 cup green onion, minced (include green and white parts)
- 1/2 cup fresh cilantro, minced
- 2 tablespoons lime juice
- 1/4 teaspoon kosher salt



#### Directions:

Heat oil in a large skillet on medium-high heat.

Add broccoli, garlic and ginger; cook 3-5 minutes.

Add shrimp and tomatoes; cook until shrimp turns pink, about 2-3 minutes, stirring periodically.

Stir in green onions, cilantro, lime juice and salt; remove from heat.



## Recipe & Shopping List

**chef**  
**marshall o'brien**  
**group**

### ***Shopping List***

#### **Produce**

- 1 pound (about 6 cups) broccoli, florets and stems chopped\*
- 1 head (need 3 tablespoons) fresh garlic
- 1 piece, about 3 inches long (need 2 tablespoons) fresh ginger
- 1 large (1 1/2 cups) tomato
- 1 bunch (1/2 cup) green onions
- 1 bunch fresh cilantro
- 1 fresh lime

#### **Dry Goods/Grocery**

- Olive oil
- Kosher salt

#### **Seafood**

- 1 1/2 pounds shrimp, 16-20 count, peeled, tail on, uncooked, fresh or frozen/thawed\*\*

#### **SUBSTITUTION NOTES:**

- \* If using frozen broccoli, shortening cooking time until just heated through, about 2 minutes.
- \*\*If using already cooked shrimp, shortening cooking time until just heated through, about 1 minute.