

Garlic-Herb Butter Shrimp

with Roasted Cauliflower & Brown Rice

Quick-cooking shrimp make a perfectly easy, gourmet dinner—all it takes to dress them up are a little lemon juice and butter. Here, for a special touch, we're making garlic-herb butter, simply by combining softened butter with garlic paste, parsley and scallions. It imparts delicious richness and complexity to the shrimp as they sauté. For subtly earthy flavor, we're adding roasted cauliflower to the mix. And on the side, we're serving brown rice simmered with toasted spices, including dried dill, sumac and coriander.



Ingredients

1½ Pounds Shrimp

1 Cup Brown Rice

4 Cloves Garlic

3 Scallions

1 Head Cauliflower

1 Lemon

1 Bunch Parsley

Knick Knacks

2 Tablespoons Butter

1 Tablespoon Sautéed Shrimp Spice Blend

(Whole Dried Dill, Ground Sumac, Onion Powder, Ground Coriander & Celery Salt)

Makes 4 Servings

About 530 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Remove the butter from the refrigerator to soften. Peel and mince the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Cut out and discard the cauliflower core; cut the head into small florets. Pick the parsley leaves off the stems; discard the stems and finely chop the leaves. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Quarter and deseed the lemon.

2



Cook the rice:

In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add **half the garlic paste** and **half the spice blend**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until fragrant. Add the **rice**, **a big pinch of salt** and **2 cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 25 to 30 minutes, or until the liquid has been absorbed and the rice is tender. Remove from heat and fluff with a fork. Transfer to a serving dish and set aside in a warm place.

3



Roast the cauliflower:

While the rice cooks, place the **cauliflower** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Roast 24 to 26 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

4



Make the garlic-herb butter:

While the cauliflower roasts, in a small bowl, combine the **softened butter**, **parsley**, **white bottoms of the scallions** and **remaining garlic paste**; season with salt and pepper to taste. Using a fork, mash and stir until thoroughly combined.

5



Cook the shrimp:

Once the cauliflower has roasted for about 20 minutes, pat the **shrimp** dry with paper towels and place in a bowl. Season with salt, pepper and the **remaining spice blend**; toss to thoroughly coat. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned shrimp. Cook, stirring occasionally, 1 to 2 minutes, or until slightly opaque. Add the **garlic-herb butter** and **the juice of 2 lemon wedges**. Cook, stirring occasionally, 1 to 2 minutes, or until the shrimp are completely opaque and cooked through. Remove from heat and season with salt and pepper to taste. Transfer to a serving dish.

6



Finish & serve your dish:

Top the **roasted cauliflower** with the **juice of the remaining lemon wedges**; toss to coat and season with salt and pepper to taste. Transfer to the serving dish of **cooked shrimp**; toss to combine. Garnish the **finished shrimp and cauliflower** and **cooked rice** with the **green tops of the scallions**. Enjoy!