

# Garlic & Soy-Glazed Shrimp

with Broccoli & Jalapeño-Lime Sauce

2 OR 4 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**  
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## Ingredients



10 oz Tail-On Shrimp<sup>1</sup>  
or 20 oz for  
4 servings



3 cloves Garlic



2 Tbsps Vegetable  
Demi-Glaze



¾ cup Panko  
Breadcrumbs



½ cup Long Grain  
White Rice or 1 cup  
for 4 servings



1 Jalapeño Pepper



1 Tbsp Soy Sauce or  
2 Tbsps for  
4 servings



1 Tbsp Light Brown  
Sugar



½ lb Broccoli or  
1 lb for 4 servings



1 Lime



2 Tbsps Vegetarian  
Worcestershire  
Sauce



¼ tsp Crushed Red  
Pepper Flakes



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<sup>1</sup>. peeled & deveined

\*Ingredients may be replaced and quantities may vary.



## 1 Prepare the ingredients

- Wash and dry the fresh produce.
- Peel and finely chop **3 cloves of garlic**.
- Using a zester or the small side of a box grater, zest the **lime** to get 2 teaspoons. Quarter the lime.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then small dice. Thoroughly wash your hands immediately after handling.



## 2 Make the sauce

- In a small pot or a medium pot if you're cooking 4 servings, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **diced pepper** and **1/3 of the chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the **sugar, worcestershire sauce, and 2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until the pepper is softened and the sugar has dissolved.
- Turn off the heat; stir in the **lime zest** and the **juice of 2 lime wedges**.
- Transfer to a bowl.
- Rinse and wipe out the pot.



## 3 Cook the rice

- In the same pot, combine the **rice, a big pinch of salt, and 1 cup of water or 2 cups of water** if you're cooking 4 servings. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



## 4 Toast the breadcrumbs

- Meanwhile, in a large pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **breadcrumbs**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until lightly browned.
- Transfer to a plate.
- Wipe out the pan.



## 5 Cook the broccoli

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **broccoli florets** in an even layer; season with salt and pepper. Cook, without stirring, 4 to 5 minutes, or until lightly browned and slightly softened.
- Add **half the remaining chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minute, or until combined and slightly softened.
- Add the **demi-glace** and **1/3 cup of water** (carefully, as the liquid may splatter). Loosely cover the pan with foil. Cook, stirring occasionally, 4 to 5 minutes, or until the broccoli is softened and the liquid has cooked off.
- Transfer to a large bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.



## 6 Cook the shrimp & serve your dish

- Pat the **shrimp** dry with paper towels (remove the tails, if desired).
- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **prepared shrimp** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.
- Add the **soy sauce** and **remaining chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until the shrimp are coated, opaque, and cooked through. Turn off the heat.
- Serve the **cooked shrimp** with the **cooked rice** and **cooked broccoli**. Garnish the broccoli with the **toasted breadcrumbs**. Serve the **sauce** and **remaining lime wedges** on the side. Enjoy!

