

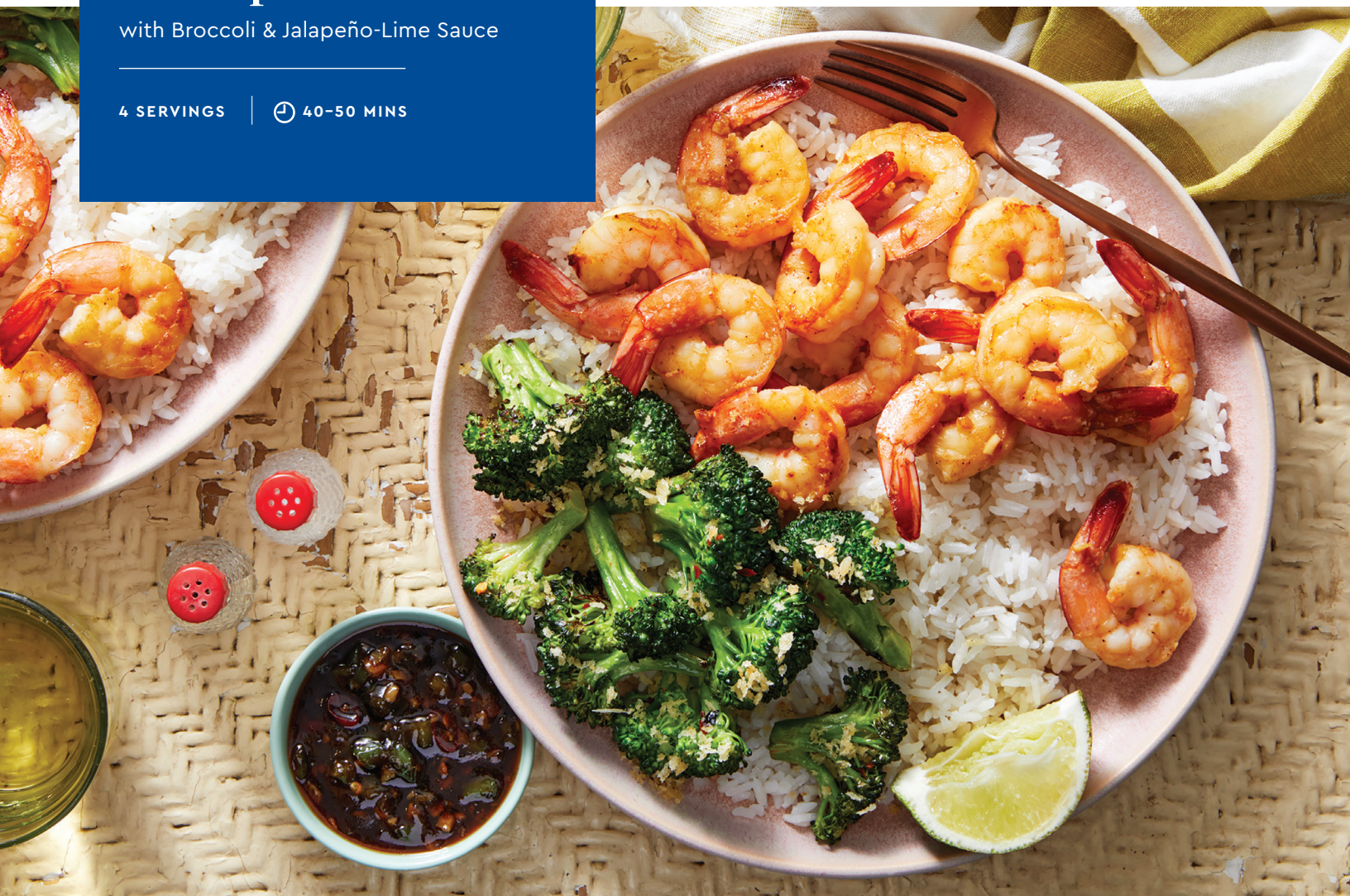
Garlic & Soy-Glazed Shrimp

with Broccoli & Jalapeño-Lime Sauce

4 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
blueapron.com



Ingredients



18 oz Tail-On Shrimp¹



3 cloves Garlic



2 Tbsps Soy Sauce



¾ cup Panko Breadcrumbs



1 cup Long Grain White Rice



1 Jalapeño Pepper



2 Tbsps Vegetarian Worcestershire Sauce



1 Tbsp Light Brown Sugar



1 lb Broccoli



1 Lime



2 Tbsps Vegetable Demi-Glaze



¾ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

¹. 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 jalapeño-lime sauce

- In a medium pot, 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 peppers are softened and the sugar has dissolved.
- Turn off the heat and 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 2 cups of water**; 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 and cook, stirring occasionally, 4 to 5 minutes, or until the broccoli is softened and the liquid has cooked off.
- Transfer to a large bowl and 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; season with salt and pepper (remove the tails, if desired).
- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **seasoned 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 **jalapeño-lime sauce** and **remaining lime wedges** on the side. Enjoy!

