

Garlic & Soy-Glazed Shrimp

with Broccoli & Jalapeño-Lime Sauce

4 SERVINGS

⌚ 40-50 MINS



Ingredients*

 20 oz Tail-On Shrimp¹

 3 cloves Garlic

 3 Tbsps Soy Glaze

 ¼ cup Panko Breadcrumbs

 1 cup Long Grain White Rice

 1 Jalapeño Pepper

 2 Tbsps Vegetarian Worcestershire Sauce

 ¼ tsp Crushed Red Pepper Flakes

 1 lb Broccoli

 1 Lime

 2 ½ Tbsps Vegetable Demi-Glaze



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.



"Alexa, find Blue Apron recipes."

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, finely grate the **lime** to get 2 teaspoons. Quarter the lime.
- Cut off and discard the bottom $\frac{1}{2}$ 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 a drizzle of **olive oil** on medium-high until hot.
- Add the **diced pepper** and $\frac{1}{3}$ of the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the **soy glaze, worcestershire sauce** (carefully, as the liquid may splatter), and **2 tablespoons of water**. Cook, stirring frequently, 2 to 3 minutes, or until the pepper is softened.
- 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

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- 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 a drizzle 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 a drizzle 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** (carefully, as the liquid may splatter) and $\frac{1}{3}$ cup of **water**. 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 bowl.
- 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 a drizzle 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 **remaining chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until the shrimp are opaque and cooked through.
- Turn off the heat; carefully add the **juice of the remaining lime wedges** and stir to combine.
- Serve the **cooked rice** topped with the **cooked shrimp** and **cooked broccoli**. Garnish the broccoli with the **toasted breadcrumbs**. Serve the **jalapeño-lime sauce** on the side. Enjoy!



To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

