

FOIL PACK SHRIMP WITH BROCCOLI



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Raw Shrimp, Peeled And Deveined	1 lb.	Salt And Pepper	To Taste
Olive Oil	2 Tbsp.	Smoked Paprika	¼ Tsp.
Garlic, Minced	1 Tbsp.	Red Chili Pepper Flakes (Optional)	Pinch
Italian Seasoning	1 Tsp.	Broccoli Head, Broken Into Florets	½
Onion Powder	¼ Tsp.	Fresh Chopped Parsley for garnish	1
Vegetable Or Chicken Stock, Divided	2 Tbsp		



PREPARATION

- Preheat the oven to 375°F.
- Cut four 12x18-inch pieces of aluminum foil and set aside.
- In a mixing bowl, combine the shrimp, olive oil, garlic, Italian seasoning, onion powder, 1 tbsp. of stock, salt, pepper, smoked paprika, and red chili pepper flakes (if using). Mix well.
- Place the broccoli florets on one half of each aluminum foil sheet.
- Spoon the shrimp mixture over the broccoli.
- Pour the remaining 1 tbsp. of stock over the shrimp and broccoli.
- Fold the other half of the foil over the top of the shrimp and broccoli. Roll up the edges to create a sealed packet.
- Place the packets on a baking sheet and bake in the preheated oven for 15 minutes or until the shrimp are pink and cooked through.
- Carefully unwrap the baked shrimp and broccoli foil packets then garnish with fresh parsley and a slice of lemon (optional).