

3440 Belt Line Blvd Suite 103 St. Louis Park, MN 55416 www.chefmarshallobrien.com 612-460-5342

Zesty Cilantro Shrimp with Broccoli

Serves 4

Ingredients:

1 1/2 pounds shrimp, 16-20 count, peeled, tail on, uncooked, frozen/thawed

3 tablespoons olive oil

1 pound (about 6 cups) broccoli, florets and stems chopped

3 tablespoons garlic, minced

2 tablespoons fresh ginger, peeled and minced

1 1/2 cups tomatoes, chopped

1/2 cup green onion, minced (include green and white parts)

1/2 cup fresh cilantro, minced

2 tablespoons lime juice

1/4 teaspoon kosher salt



Directions:

Heat oil in a large skillet on medium-high heat.

Add broccoli, garlic and ginger; cook 3-5 minutes.

Add shrimp and tomatoes; cook until shrimp turns pink, about 2-3 minutes, stirring periodically. Stir in green onions, cilantro, lime juice and salt; remove from heat.



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Shopping List

Produce

- 1 pound (about 6 cups) broccoli, florets and stems chopped*
- 1 head (need 3 tablespoons) fresh garlic
- 1 piece, about 3 inches long (need 2 tablespoons) fresh ginger
- 1 large (1 1/2 cups) tomato
- 1 bunch (1/2 cup) green onions
- 1 bunch fresh cilantro
- 1 fresh lime

Dry Goods/Grocery

Olive oil Kosher salt

Seafood

1 1/2 pounds shrimp, 16-20 count, peeled, tail on, uncooked, fresh or frozen/thawed**

SUBSTITUTION NOTES:

- * If using frozen broccoli, shortening cooking time until just heated through, about 2 minutes.
- **If using already cooked shrimp, shortening cooking time until just heated through, about 1 minute.