

# Creamy Parmesan and Artichoke Shrimp

Get ready for Italian comfort food. It starts with a creamy and downright addictive artichoke sauce (think of your favorite hot artichoke dip). Then we're mixing it up with sautéed shrimp and roasted broccoli – served on a bed of orzo. With fresh garlic bread on the side, it's a dinner the whole family will go crazy for.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Orzo  
Shrimp  
Broccoli  
Creamy Artichoke Sauce  
Baguette  
Fresh Garlic

## Make the Meal Your Own

**You can use the garlic bread** to get those last bits of orzo and sauce left in your bowl, they are really tasty together.

If you ordered the gluten-free version, you received **gluten-free penne pasta**. Cook pasta in boiling water for 10-12 minutes until al dente or desired texture.

## Good to Know

**If you have gluten-free family members**, we did send you the bread but it is **not** gluten free so they should not eat it.

**Shrimp is a good source** of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

**Health snapshot per serving** – 635 Calories, 41g Protein, 16g Fat, 18 Smart Points

**Lighten Up snapshot per serving** – 490 Calories, 13g Fat, and 13 Smart Points without the garlic bread.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Broccoli, Baguette, Shrimp, Artichoke, Water Chestnut, Orzo, Mayonnaise, Parmesan, Mozzarella, Sour Cream, Garlic, Lemon, Chive, Black Pepper

*meez* meals

### 1. Get Organized

Put a saucepan of water on to boil. Preheat the oven to 425.

### 2. Cook the Orzo

Salt the boiling water and add the **Orzo**. Cook until al dente, about 7 to 9 minutes. Drain and set aside.

### 3. Roast the Broccoli and Baguette

While the orzo is cooking, spread the **Broccoli** on a baking sheet, drizzle with olive oil, and lightly salt and pepper.

Place the **Broccoli** in the oven and cook for 12-15 minutes until the broccoli starts to brown at the edges. Remove from oven & set aside.

Once the broccoli is out of the oven, generously brush the **Baguette** with olive oil and evenly spread the **Fresh Garlic** on top of the bread. Cook for 7-10 minutes until the it is toasted on top and golden brown.

### 4. Cook the Shrimp and Finish the Sauce

Right after placing the garlic bread in the oven, heat 1 Tbsp olive oil in a large skillet over medium-high heat.

Dry and lightly salt & pepper the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color and set aside.

In the now empty skillet, add the **Creamy Artichoke Sauce** and cook for one minute and turn the heat off.

### 5. Put It All Together

Add the cooked orzo and shrimp to the skillet. Stir well and serve on top of the broccoli and alongside the garlic bread. Enjoy!

*Just use enough water to ensure the orzo will be completely covered.*

*Check in on the garlic bread frequently as it can burn easily.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**