

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
Roll
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, Roll, Shrimp, Artichoke, Celery, 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.

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

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 Garlic Bread

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, slice the **Roll** lengthwise, generously brush 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.

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

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!

Instructions for two servings.

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