
Lemon Garlic Butter Shrimp and Broccoli

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

6 tablespoons unsalted butter
4 cloves (one tablespoon) garlic, finely chopped
1 tablespoon fresh lemon juice
1/2 teaspoon black pepper
1/2 teaspoon crushed red pepper
1 1/2 teaspoons Kosher salt, divided
1 box (8 ounce) long grain and wild rice mix
2 1/4 cups lower-sodium chicken broth
3 cups broccoli florets
3 tablespoons olive oil
1 medium lemon, thinly sliced
12 ounces large peeled and deveined raw shrimp

Preheat the oven to 450 degrees.

In a small microwavable bowl, combine the butter, garlic, lemon juice, black pepper, crushed red pepper and one teaspoon of salt. Microwave on HIGH until melted, about 45 seconds. Set aside.

Cook the rice according to package directions, substituting the broth for water. Fluff with a fork. Stir in one tablespoon of the butter mixture. Cover to keep warm.

Toss together the broccoli, oil, lemon slices and remaining 1/2 teaspoon of salt on a rimmed baking sheet. Spread in a single layer. Roast in the preheated oven until the broccoli is crisp-tender, about 13 minutes.

Arrange the shrimp on the baking sheet with the broccoli. Drizzle with the remaining butter mixture. Roast at 450 degrees until the shrimp are pink, about 5 minutes.

Serve with rice.

Seafood

Per Serving (excluding unknown items): 267 Calories; 28g Fat (88.5% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 47mg Cholesterol; 723mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 5 1/2 Fat.