



Garlic Shrimp and Broccoli

From: Seattle Palate, Amy Winner

Serves: 3 - 4

Time to prepare: 20 minutes

1 pound broccolini or broccoli raab, cut into small florets, stems chopped into 1 inch slices

1 pound large shrimp, shelled and deveined

5 - 6 large cloves garlic

½ teaspoon crushed red pepper

4 tablespoons good quality olive oil

¼ cup pine nuts

Pre-heat the broiler to high.

In a saute pan (not non-stick), heat the olive oil over medium heat. Smash the garlic cloves with the flat side of a large knife, and add to the oil, along with the crushed red pepper. Infuse the oil over medium-low heat while trimming the broccoli and preparing the shrimp.

Bring a pot of salted water to a boil and blanch the broccoli for 30 seconds, just until vibrant green. Drain and stop the cooking by running under cold water or plunging into a bowl of ice water.

Remove 2 tablespoons of the oil and spoon over the broccoli. Toss to coat. Spread evenly on a baking sheet lined with parchment paper, season with sea salt and place under the broiler about 6" from the flame to lightly brown - about 5 minutes, tossing once. Watch the broccoli closely. You want a little browning on the edges, but don't let it burn. Remove from the oven when finished.

Meanwhile, add the shrimp to the pan, turn the heat to high, and toss to coat. Season lightly with sea salt. You want the edges to caramelize a bit, so don't stir the shrimp constantly - cook on one side for a few minutes, then flip. Cook until the shrimp is pink and cooked, about 4 minutes.

Add the broccoli, along with the pine nuts to the pan, and toss to mix and coat. Remove the garlic cloves and discard. Check for seasoning, and serve.