



BROCCOLINI® baby broccoli Cajun Remoulade & Shrimp

Servings

10

Calories

470

Prep Time

10 minutes

Total Time

30 minutes

Skill Level

Medium

Ingredients

- 4 bunches Mann's BROCCOLINI® baby broccoli
- 3 pounds shrimp, raw, cleaned
- 2 packages crab boil, spice mix bag
- ½ cup green onions, diced
- ½ cup parsley, chopped
- 2 cups celery, diced
- ½ cup white onion, diced
- ½ cup red wine vinegar
- 1 ½ cups spicy brown mustard, or creole mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Tabasco sauce
- 2 tablespoons salt
- 1 teaspoon white pepper
- 2 tablespoons paprika
- 1 ½ teaspoons cayenne pepper
- ⅔ cup vegetable oil
- 1 cup mayonnaise
- 2 tablespoons capers, drained



The Method

BROCCOLINI® baby broccoli: Add 1 bag of crab boil spice mix to 4 quarts of water. Bring to a boil and blanch Broccolini in this mixture for 1 ½ minutes. Drain, cool and set aside.



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Shrimp: Add 1 bag of crab boil spice mix to 4 quarts of water. Bring to a boil and cook shrimp in this mixture for 3 minutes or until pink. Drain, cool and set aside.

Remoulade Sauce: Combine all wet ingredients together and whisk with hand held mixer. Add the celery, onions and capers and continue with mixer. Add all other ingredients and mix until smooth.

Toss shrimp into the bowl with the Remoulade sauce until well coated. Plate the BROCCOLINI® baby broccoli and top with the shrimp Remoulade combination and serve.

Nutrition Facts

Servings: 366g | Servings: 10

Amount Per Serving

Calories 470 | Calories from Fat 300 | Total Fat 34g (sat fat 4.5g trans 0g) | Cholesterol 180mg | Sodium 6360mg | Total Carbohydrate 10g | Dietary Fiber 6g | Sugars 2g | Protein 22g | Vitamin A 40% | Vitamin C 80% | Calcium 15% | Iron 10%