



BROCCOLINI® baby broccoli with BBQ Shrimp

Servings

6

Calories

300

Prep Time

15 minutes

Total Time

40 minutes

Skill Level

Easy

Ingredients

- 2 (6 ounce) trays Mann's BROCCOLINI® baby broccoli
- 1 pound mini red potatoes
- 3 ears corn, each cut into quarters
- 1 pound large shrimp, peeled, deveined and tails removed (16-20 count)
- ⅓ cup butter, melted
- 3 cloves garlic, fresh, minced
- 2 tablespoons parsley, fresh, finely chopped
- 1 tablespoon chives, fresh, finely chopped
- ¼ teaspoon each salt, pepper and smoked paprika
- lemon wedges, for serving



The Method

Place potatoes in large saucepan; pour in enough water to cover. Bring to boil over high heat; cook for 12 to 15 minutes or until tender, adding BROCCOLINI® baby broccoli in the last 3 minutes of cooking time. Refresh under cold running water; drain and pat dry with paper towel.

Divide potatoes, BROCCOLINI® baby broccoli and corn among 6 large double sheets of heavy-duty foil (foil sheets should be large enough so that packets can seal in mixture). Top evenly with shrimp.

Stir together melted butter, garlic, parsley, chives, salt, pepper and smoked paprika; drizzle evenly over each package. Fold foil over and crimp edges to seal each packet.

Preheat grill to medium-high heat. Grill packets for 5 to 7 minutes or until shrimp are opaque and cooked through and vegetables are steaming. Serve with lemon wedges.

Tip: Substitute regular paprika or chili powder for smoked paprika if desired.



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Nutrition Facts

Serving Size 276g | Servings: 6

Amount Per Serving

Calories 290 | Total Fat 15g (sat 8g trans 0g) | Cholesterol 120mg | Sodium 730mg | Total Carbohydrate 28g | Dietary Fiber 4g | Sugars 4g (Includes 0g Added Sugars) | Protein 16g | Vitamin D 0% | Calcium 6% | Iron 6% | Potassium 8%