

Roasted Shrimp With Peppers and Lemon

Jonny Valiant

Makes 4 servings. This is a very easy dish, and quite tasty

Hands-on Time: 15 minutes

Total Time: 45 minutes

Ingredients

- 1 cup long-grain white rice
- 1 red bell pepper, thinly sliced
- 1 lemon, thinly sliced
- 6 sprigs fresh thyme
- 4 green onions, halved lengthwise and sliced into 1-inch pieces
- 1/2 teaspoon crushed red pepper
- 2 tablespoons olive oil
- 1/4 teaspoon kosher salt and 1/4 teaspoon black pepper

- 12 ounces frozen medium peeled and deveined shrimp, thawed
- 1/2 teaspoon paprika
- 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper
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NOTE

- Recipe is better with medium shrimp - not Large!
- Recipe for brining is on reverse side of page

Directions

1. Heat oven to 450° F. Cook the rice according to the package directions.
2. Meanwhile, in a large bowl, toss the bell pepper, lemon, thyme, scallions, crushed red pepper, 1 tablespoon of the oil, and 1/4 teaspoon each salt and black pepper. Spread on a rimmed baking sheet (reserving the bowl).
3. Add the shrimp to the bowl and toss with the paprika, the remaining tablespoon of oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Nestle the shrimp in the bell peppers on the baking sheet. Roast until the shrimp are cooked through and the bell peppers are tender, 10 to 12 minutes. Serve over the rice.

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PER SERVING

Calories 392; Fat 9g; Sat Fat 2g; Cholesterol 172mg; Sodium 534mg; Protein 28g; Carbohydrate 48g; Fiber 3g

If shrimp is frozen, you really must brine the shrimp. This makes them especially plump and juicy.

Ingredients

- 1/2 cup kosher salt (or 1/4 cup table salt)
- 2 tablespoons sugar
- 1 pound large unpeeled shrimp (21 to 25 per pound)

Instructions

Pour 1 quart very cold water in large bowl. Add salt and sugar and stir until almost dissolved. Add shrimp and let stand for 30 minutes. Drain shrimp and rinse thoroughly. Open shells with manicure scissors and devein if desired