

# ONE-POT GARLICKY SHRIMP AND BROCCOLI

Preparation: 15 minutes | Cooking: 30 minutes | Servings: 4

## INGREDIENTS

1 pound raw shrimp,  
peeled and deveined  
4 cups small broccoli  
florets  
½ cup red bell pepper,  
diced  
3 tablespoons EVOO,  
divided  
2 teaspoons lemon juice  
½ teaspoon salt, divided  
½ teaspoon pepper,  
divided  
6 medium garlic cloves,  
sliced and divided



## INSTRUCTIONS

Start by heating 2 tablespoons of oil in a large pot over medium heat. Add half your garlic and cook until the garlic begins to brown, about 1 minute. Next, add the broccoli, bell peppers, ¼ teaspoon of salt, and ¼ teaspoon of pepper. Cover and cook, stirring occasionally and adding 1 tablespoon of water if needed, until the vegetables are tender, about 3-5 minutes. Transfer your cooked ingredients to a bowl and keep warm. Increase the heat to medium-high and add the remaining 1 tablespoon of oil to the pot. Add in the remaining garlic and cook until beginning to brown, about 1 minute. Add the shrimp, ¼ teaspoon of salt, and ¼ teaspoon of pepper; cook, stirring, until the shrimp are just cooked through, 3 to 5 minutes. Return the broccoli mixture to the pot along with the lemon juice and stir to combine.