

Shrimp Scampi with Orzo

Serves 2

- 225 g large shrimp, peeled and deveined
- 1½ T extra-virgin olive oil
- ½ T lemon zest, plus 1 tablespoon juice (from 1 lemon)
- ¼ tsp red-pepper flakes
- Kosher salt and black pepper
- 2 garlic cloves, minced
- 14 g unsalted butter
- 56 g orzo
- 40 ml dry white wine
- 240 ml boiling water, seafood stock or chicken stock
- 1½ T finely chopped parsley



1. In a medium bowl, stir together **shrimp**, ½ T **olive oil**, **lemon zest**, **red-pepper flakes**, ¼ tsp **salt**, ⅛ tsp **pepper** and **half of the garlic**. Set aside to marinate. *(Up to 1 hour in advance.)*
2. Add **butter** and **remaining olive oil** to a medium skillet set over **medium heat**.
3. When the **butter** starts to bubble, add the **orzo** and ¼ tsp **salt** and cook, stirring often, until the orzo is toasted, **about 2 minutes** *(or longer, to let the orzo brown a bit)*; then add **remaining garlic** adjusting the heat as necessary to prevent the garlic from burning.
4. Carefully add the **wine** — it will bubble — and stir until absorbed, **about 1 minute**. Stir in water, **reduce heat to low**, cover, and cook until orzo is al dente, **about 12 minutes** *(or until al dente)*.
5. Add the **shrimp** in a snug, even layer on top of the orzo, cover, and cook until all the shrimp is pink and cooked through, **2 to 4 minutes**.
6. Remove from heat and **let sit, covered, 2 minutes**.
7. Sprinkle with **parsley** and **lemon juice**, season with **salt** and **pepper**, and serve immediately.

Notes:

Add slightly less water when cooking orzo, then add more if required
Add small-cubed *momen* tofu for additional protein