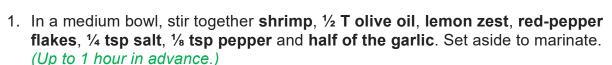
## **Shrimp Scampi with Orzo**

## 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)
- 1/4 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



- 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.
- Carefully add the wine it will bubble and stir until absorbed, about 1 minute. Stir in water, reduce heat to low, <u>cover</u>, 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, <u>cover</u>, 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

