



# SHRIMP SAGANAKI

with Tomato Marinara, Feta and Orzo

MAKE  
FIRST

FAMILY



## HELLO SAGANAKI

A dish cooked in a little skillet, named from the Greek word for "little pan"

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 422



Shrimp



Orzo



Diced Tomatoes



Lemon



Garlic



Mixed Olives



Parsley



Feta Cheese,  
crumbled



Onion, chopped

## BUST OUT

- Garlic Press
- Zester
- Large Non-Stick Pan
- Sugar (1 tsp)
- Measuring Spoons
- Salt and Pepper
- Medium Pot
- Olive or Canola oil

## INGREDIENTS

4-person

- Shrimp 10 570 g
- Orzo 1 1 ½ cup
- Diced Tomatoes 2 can
- Lemon 1
- Garlic 20 g
- Mixed Olives 60 g
- Parsley 10 g
- Feta Cheese, crumbled 2 56 g
- Onion, chopped 113 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG

If your kids don't like olives, set them aside and stir them into your own bowl after cooking!



### 1 PREP

**Wash and dry all produce.\*** Bring a medium pot of **salted water** to a boil. Mince or grate the **garlic**. Thinly slice the **olives**. Roughly chop the **parsley**. Zest, then cut the **lemon** into wedges.



### 2 COOK ORZO

Add the **orzo** to the boiling water. Cook until the orzo is tender, 9-10 min. (Drain the orzo when it's done cooking.)



### 3 COOK SHRIMP

Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **shrimp**. Cook, stirring occasionally, until the shrimp just turns pink, 1-2 min. Season with **salt** and **pepper**. Transfer to a bowl and set aside.



### 4 START MARINARA

Reduce the heat to medium. Add a drizzle of **oil** to the same pan, then the **onions** and **garlic**. Cook, stirring often, until the onions soften, 2-3 min. Add the **tomatoes** and **olives**. Simmer until slightly thickened, 5-7 min.



### 5 FINISH MARINARA

Add the **shrimp**, **lemon zest**, **1 tsp sugar** and **half the parsley** into the sauce. Stir until the **marinara sauce** is warmed through, 1-2 min. (**TIP:** Taste and add more sugar, ¼ tsp at a time, if you'd like your sauce a bit sweeter!)



### 6 FINISH AND SERVE

Divide the **orzo** between plates. Top with the **shrimp saganaki**. Sprinkle over the **feta** and **remaining parsley**. Squeeze a **lemon wedge** over, if desired.

## OPA!

Serve it Greek-style, straight from the skillet.

