

Shrimp & Broccoli Foil Packs

7 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C). Lay out large heavy-duty foil pieces, one for each serving.
2. In a bowl, add the broccoli, half of the oil, half of the lemon juice, and half of the Greek seasoning. Toss to combine.
3. Divide the broccoli evenly between the foil pieces.
4. In the same bowl, add the shrimp and the remaining of the following ingredients: oil, lemon juice, and Greek seasoning. Season with paprika and toss to combine. Divide the shrimp and remaining marinade evenly between the foil pieces, beside the broccoli.
5. Wrap the foil into packs by crimping in the edges and folding the ends up. Be sure to leave space in the packs so the heat can circulate well.
6. Transfer the foil packs to a baking sheet and cook in the oven for 13 to 15 minutes. Remove from the oven and carefully unwrap. Season with salt and pepper. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one foil pack.

No Greek Seasoning

Use Italian seasoning or another spice blend of choice.

More Flavor

Add sliced garlic to the foil packs. Add more Greek Seasoning if desired.

Additional Toppings

Top with fresh herbs like parsley.

Ingredients

3 cups Broccoli (cut into florets)
2 tbsps Extra Virgin Olive Oil (divided)
2 tbsps Lemon Juice (divided)
1 tbsp Greek Seasoning (divided)
8 ozs Shrimp (peeled, deveined)
1 tsp Paprika
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	269	Cholesterol	183mg
Fat	15g	Sodium	1141mg
Carbs	11g	Vitamin A	1418IU
Fiber	4g	Vitamin C	128mg
Sugar	3g	Calcium	140mg
Protein	27g	Iron	2mg