

# One-Pot Shrimp Scampi Orzo



A different take on classic shrimp scampi, this dish is cooked in one pot and is ready in under 45 minutes. Serve with a side salad, if desired.

**Prep:** 10 mins

**Cook:** 20 mins

**Additional:** 15 mins

**Total:** 45 mins

**Servings:** 2

**Yield:** 2 servings



## Ingredients

### Marinade:

1 tablespoon olive oil

1 teaspoon lemon zest

1 teaspoon lemon juice

1 pinch red pepper flakes

½ teaspoon dried parsley

½ pound uncooked medium shrimp, peeled and deveined

1 tablespoon butter

1 tablespoon olive oil

¾ cup orzo

½ cup finely diced onion

1 large clove garlic, minced

¼ cup white wine

1 ¼ cups low-sodium chicken broth

½ teaspoon salt

½ teaspoon freshly ground black pepper

½ cup frozen peas, defrosted

½ tablespoon chopped fresh parsley

## Directions

### Step 1

Combine olive oil, lemon zest, lemon juice, red pepper flakes, and dried parsley in a small bowl. Add shrimp and toss to coat. Marinate for 15 to 20 minutes.

### Step 2

Melt butter in a pot over medium-high heat. Add olive oil. Stir in orzo and onion, toss to coat, and cook, stirring frequently, until onions are translucent and orzo is lightly toasted, 4 to 5 minutes. Mix in garlic and cook until fragrant, about 30 seconds.

### Step 3

Deglaze pot with white wine and stir until wine has cooked off. Pour in chicken broth and season with salt and pepper. Cook, stirring frequently, until orzo is tender yet firm to the bite, 8 to 10 minutes. Add peas and shrimp with marinade to the pot, cover, and cook, stirring occasionally, until shrimp are light pink, 3 to 4 minutes.

### Step 4

Divide between 2 dishes, sprinkle with fresh parsley, and garnish with lemon slices.

## Nutrition Facts

### Per Serving:

625 calories; protein 33.7g; carbohydrates 69.5g; fat 21.9g; cholesterol 190.4mg; sodium 942.7mg.

2 lemon slices

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