

Ginger Shrimp & Broccoli in Parchment Provided by Reynolds® Handi-Vac®



Sponsored by Reynolds® Handi-Vac®

POINTS® Value: 4

Servings: 4

Level of Difficulty: Easy

Preparation Time: 15 Minutes

Cooking Time: 15 Minutes

Ginger Shrimp & Broccoli in Parchment

Ingredients

- 1 Reynolds® Handi-Vac® Vacuum Sealer
- 1 Reynolds® Handi-Vac® Vacuum Freezer Bag, Gallon size
- 1 lb. large shrimp, peeled and deveined
- 2 medium cloves garlic, minced
- 1 tablespoon sesame oil
- 1/2 tablespoon grated fresh ginger
- 1/2 tablespoon soy sauce
- Reynolds® Parchment Paper
- 4 cups broccoli florets

Instructions

- PLACE shrimp in Reynolds Handi-Vac Gallon Vacuum Freezer Bag. Mix garlic, sesame oil, ginger and soy sauce in small bowl until well blended. Pour mixture over shrimp; squeeze freezer bag to coat both sides of shrimp. Arrange shrimp in even layer with food touching the textured layer inside bag. Seal bag.
- VACUUM bag with Vacuum Sealer until bag tightens around food. FREEZE immediately. Before cooking, defrost completely in refrigerator.
- PREHEAT oven to 400°F. Tear off four 15-inch sheets of Reynolds Parchment Paper. Fold each sheet in half and crease it in the center. Unfold.
- DIVIDE broccoli evenly on one-half of each parchment sheet near crease. Arrange shrimp evenly over broccoli.
- FOLD over other half of each sheet to enclose ingredients. Starting at top corner, make small overlapping folds down entire length of packet to seal edges together. Twist the last fold several times to make a tight seal. Repeat to make 4 packets. Place parchment packets on a large cookie sheet.
- BAKE until shrimp are opaque, about 13 to 15 minutes. Place parchment packets on dinner plates. Carefully cut an "X" in top of each packet to allow steam to escape. Serve immediately. Yields 1 packet per serving