
Shrimp Panzanella

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Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

2 tablespoons white wine vinegar

1 teaspoon Dijon mustard

6 tablespoons extra-virgin olive oil

1 pound ripe tomatoes, roughly chopped

2 Persian cucumbers, thinly sliced

1 can (15 ounce) chickpeas, drained, rinsed and blotted dry

3 scallions, thinly sliced

4 cups torn stale ciabatta bread (one inch pieces)

2 tablespoons jarred capers in brine, drained

Kosher salt

freshly ground black pepper

1 1/4 pounds large shrimp, peeled and deveined

3/4 cup mixed fresh herbs (parsley, dill and oregano), roughly chopped

Whisk the vinegar and mustard in a large bowl. Slowly whisk in 1/4 cup of olive oil to make a dressing. Add the tomatoes, cucumbers, chickpeas, scallions, ciabatta, capers, 3/4 teaspoon of salt and a few grinds of pepper. Toss well to combine. Set aside to allow the bread to absorb the dressing, about 10 minutes.

In a large nonstick skillet over high heat, heat the remaining two tablespoons of olive oil. Season the shrimp with salt and pepper. Add the shrimp to the skillet. Cook, turning once, until browned and crisped, 1 to 2 minutes per side.

Add all but two tablespoons of the herbs to the salad. Toss. Divide among plates or bowls. Top with the shrimp and sprinkle with the remaining herbs.

Seafood

Per Serving (excluding unknown items): 539 Calories; 26g Fat (43.2% calories from fat); 40g Protein; 38g Carbohydrate; 10g Dietary Fiber; 216mg Cholesterol; 249mg Sodium. Exchanges: 2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.