

Core Cooking with Mandie Shockley

Popcorn Broccoli (and shrimp)



INGREDIENTS

Serves 2

Fresh broccoli florets (as much as you want)

1 lemon

1 tsp olive oil

Pink Himalayan salt

Fresh cracked black pepper

1 tsp organic garlic powder

1 Tablespoon fresh cracked black pepper

Add shrimp - 8-16 ounces wild caught

INSTRUCTIONS

Preheat oven to 375 degrees.

Break up broccoli florets into small bite size pieces (the smaller the pieces, the quicker it cooks). Mix with ½ tsp olive oil, garlic powder and a sprinkle of salt & pepper. Spread out on a baking sheet or in a baking dish and bake in oven for 10 minutes. Remove from oven and toss/flip pieces around.

Want to add shrimp? Mix raw shrimp with ½ tsp. olive oil, sprinkle with salt and pepper. Add to the broccoli after broccoli bakes 10 minutes. Bake another 10 minutes or until both shrimp and broccoli are cooked through. Squirt lemon juice over shrimp and serve together.

Enjoy!