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Broiled Seafood Sheet Pan Dinner

Ingredients:

Serves 2 (adjust ingredients if you are serving more)

- 1 Tbs olive oil
- Kosher salt and black pepper
- ½ pint cherry tomatoes
- ½ small red onion
- 2 garlic cloves
- ½ lemon
- 8 ounces thin asparagus
- 1lb scrod (cod, swordfish, or other fish cut ½-inch thick)
- 6 U16 shrimp, peeled and deveined
- 6 little neck clams, rinsed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 Tablespoon capers
- 1 Tablespoon extra-virgin olive oil
- 1 teaspoon sherry vinegar (red wine, white wine, or apple cider vinegar)
- 2 Tbs fresh herb-dill, parsley, or mint

Equipment for class:

This recipe is cooked under the broiler. If you do not have a broiler you will cook in a high heat oven.
one rimmed sheet pan (15X10" to 17X12")
cutting board
chef's knife

Before class:



Broiled Seafood Sheet Pan Dinner

Serves 2 (adjust ingredients if you are serving more)

Sheet pan size should be adjusted to allow ingredients to be placed on in a single layer with space between if recipe requires.

example: 15"X10" when cooking for 2 or 17"X12" when cooking for 4

- 1 Tbs olive oil
- Kosher salt and black pepper
- ½ pint cherry tomatoes
- ½ small red onion cut into ¼ inch wedges (or 2 shallots, cut into wedges)
- 2 garlic cloves, sliced
- ½ lemon cut into ¼ inch slices
- 8 ounces thin asparagus, cut into pieces
- 1lb scrod (cod, swordfish, or other fish cut ½-inch thick)
- 6 U16 shrimp, peeled and deveined
- 6 little neck clams, rinsed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 Tablespoon capers
- 1 Tablespoon extra-virgin olive oil
- 1 teaspoon sherry vinegar (red wine, white wine, or apple cider vinegar)
- 2 Tbs fresh herb-dill, parsley, or mint

1. Preheat the broiler and place oven rack 5 inches below the heat source.
2. Place the tomatoes, onion, garlic, lemon, asparagus, and shrimp onto a sheet pan and toss gently to coat everything with the oil. Put everything into a single layer and make a space in the center of the pan for the fish.
3. Place the fish on the pan and drizzle with a little extra virgin olive oil and sprinkle everything with the salt and pepper.
4. Scatter the clams onto the pan.
5. Place the pan under the broiler and cook for 10 minutes or until the fish is just firm when pressed with your finger.
6. Remove the pan from the oven and sprinkle with fresh chopped herb. Serve right from the pan!