

# CHEESE POLENTA WITH CHORIZO & SHRIMP

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COOK TIME: 20mins

SERVES: 4

CALORIES: 723 kcal (PER SERVING)

## INGREDIENTS

### \*POLENTA

200 g/1 cup instant polenta  
1+3/4 cup/400 ml milk  
1+3/4 cup/400 ml unsalted chicken broth  
130 g/5 oz grated Manchego cheese  
2 tbsp unsalted butter  
sea salt + black pepper

### \*SHRIMP & CHORIZO

450 g/1 pound shrimp, peeled and deveined  
100 g/3.5 oz spicy Spanish chorizo sausage,  
cut into slices  
150 g/5 oz green olives, pitted  
200 g/7 oz cherry tomatoes  
4 garlic cloves, minced  
olive oil  
2 tbsp unsalted butter  
1 tsp each: dried oregano, smoked paprika,  
cayenne pepper  
1 tbsp lemon juice  
4 scallions, chopped  
fresh parsley, for serving (optional)

## DIRECTIONS

Get all the prep done before you start cooking: mince the garlic, slice the chorizo, chop the scallions and grate the Manchego cheese. Peel and devein the shrimp.

Heat 3 tbsp olive oil in a large skillet. Add chorizo, cook for 1 minute over medium-high heat. Then slide chorizo a little aside and add shrimp. Cook for 2 minutes, tossing often. Add garlic, sauté for 1 minute, stirring often. Add more olive oil, about 3 tbsp. Stir in oregano, smoked paprika and cayenne pepper. Season with salt and pepper.

Add cherry tomatoes, cook about 2 minutes or until the tomatoes start to burst. Don't forget to stir from time to time, you don't want to burn anything as we are cooking on high heat constantly. Press on the back of the tomatoes to release their juices and stir to combine. Stir in olives, scallions, lemon juice and butter. Turn off the heat and set aside.

In the meantime, make the polenta. In a saucepan, bring chicken broth and milk to a boil. Slowly whisk in the polenta, stirring continuously, about 2-3 minutes, over low heat. Stir in butter, Manchego cheese, salt and black pepper. Turn off the heat, cover and let stand for 1 minute. If the polenta thickens too much, thin out with some additional milk or chicken broth.

Divide polenta over bowls, top with chorizo and shrimp mixture.  
Garnish with chopped scallions and parsley. Serve!

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