

Oven Fried Fritto Misto w/Veggies



DIRECTIONS

- Rinse shrimp and calamari rings and set aside to drain in a colander.
- Pat dry with paper towels.
- Wash and clean the head of broccoli.
- Separate into florets.
- Wash cherry tomatoes as well.
- Place veggies on paper towels to eliminate extra liquids.
- Line a cookie sheet with parchment paper and spray with non-stick spray.
- In a large bowl, place dry veggies and seafood.
- Add olive oil and lemon zest and mix to coat.
- Now add dry herbs, garlic, paprika, salt and pepper to taste.
- Finally, add the Panko.
- Mix everything together and spread on cookie sheet.
- If needed, sprinkle a bit more Panko over top.
- Drizzle olive oil over entire surface.
- Place in preheated 400F oven for about 20 minutes or until golden and crispy.
- Note: Can be cooked in air fryer at air fry mode (400f) for 15-18 minutes.
- Serve with fresh lemon wedges.



INGREDIENTS

- 1 lb fresh shrimp (already deveined and head removed)
- 1 lb calamari rings
- 1 large head of broccoli
- 20 cherry tomatoes
- 1 lemon, zest only
- 2 tsps Italian herbs (dry)
- Garlic powder, paprika, salt and pepper to taste
- 1/2 cup Panko (or more to taste)
- Extra Virgin Olive Oil to taste (2 Tbsps for mixing plus more for drizzling on top)

NONNA'S TIPS

- This recipe is so easy and forgiving that you can substitute the broccoli and tomatoes with cauliflowers and baby carrots and substitute the calamari with scallops.
- Coating the ingredients with olive oil first, allows the seasoning and breadcrumbs to stick better. If you don't have Panko, use Italian bread crumbs to taste. In addition, you can mix 2 TBSPs of grated cheese in the Panko for more flavor.
- During the summer months, I avoid using the oven. This recipe is very air-fry friendly and you'll have a quick meal in less than 30 minutes!