

KICKIN' CAJUN SEASONED SHRIMP

Prep Time: 10 mins

Cooking Time: 5 mins

Serves: 4

Ingredients:

- 1 tbsp grape seed oil
- 1 lb large shrimp (21 – 25 per lb) – shells removed and patted dry
- 1 tbsp butter – cubed into 3 pieces
- 1 tsp Cajun seasoning
- 1 lemon – cut into wedges
- 1 tbsp parsley - fine chop
- ¼ tsp Cajun seasoning - garnish

Kitchen Tools:

- Frying pan (preferably stainless steel)
- Tongs
- Cutting board
- Chefs knife
- Wooden spoon
- Large bowl or serving plates



Instructions:

1. Heat frying pan over medium heat
2. Sprinkle oil in hot pan – oil should be barely shimmering
3. Add shrimp to pan clockwise starting at the bottom of the pan – closest to you
4. Sprinkle ½ seasoning mix over shrimp
5. Sear until cooked almost halfway
6. Turn shrimp over starting with the 1st shrimp added – clockwise
7. Add butter to the pan
8. Sprinkle remaining seasoning over shrimp
9. Stir and turn off heat when shrimp is slightly translucent in the middle – approximately 30 seconds
10. Move shrimp to a bowl or serving plates and drizzle pan juices over shrimp
11. Sprinkle parsley and ¼ tsp Cajun seasoning over shrimp
12. Squeeze fresh lemon juice over shrimp
13. Serve hot with your favourite sauce

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Notes:

- I like to use grape seed oil as it has little to no flavour. You want to maximize the flavour of the shrimp and seasoning. Other high heat oils are fine as well (e.g. canola, avocado).
- Butter adds additional flavour and texture to the pan juices and shrimp. Butter is optional.

Recipe by: The Kitchen Tool

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e-mail: thekitchentool@cookandrenovate.com