

Shrimp Fajitas

Prep Time: 25 minutes

Cook Time: 25 minutes

Ingredients:

1 pound large or medium cleaned deveined shrimp (prefer sustainably farmed)

1 large red bell pepper (washed and sliced into 1/2-inch strips)

1 large yellow bell pepper (washed and sliced into 1/2-inch strips)

1 yellow onion (sliced into 1/2-inch strips)

1/4 cup olive oil

4 cloves minced garlic

2 tablespoon lime or any citrus juice

1/2 teaspoon salt

1/4 cup cilantro (washed and chopped medium)

1 package of corn or flour tortillas

Additions: guacamole, fresh Pico de Gallo, or queso fresca

Notes: In this recipe shrimp and vegetables are cooked separately allowing both to remain perfectly cooked. The shrimp need far less cooking time than the vegetables. If cooked together, the shrimp would become overcooked and chewy as a result.

In two separate bowls:

1. Wash and prep all vegetables.

2. Remove shrimp from shells and rinse under cool water. Pat dry with a paper towel.

3. Prepare the marinade. In a small bowl combine 1/4 cup olive oil, 4 cloves of minced garlic, 1 tablespoon of lime juice, 1 tablespoon Cajun seasoning, 1/2 teaspoon salt.

4. Use half of the marinade to coat the shrimp and add remaining marinade to coat vegetables.

5. Heat heavy skillet or cast-iron pan to high heat. Add 1/2 tablespoon of olive oil. Add shrimp and dispose of remaining marinade. Cook the shrimp turning once about 2 minutes into cooking time, so that shrimp are white/pink throughout. Transfer to clean bowl.

5. In the same pan add marinade and vegetables, cooking until soft about 12 minutes. Sautéing vegetables on a medium high heat will slightly caramelized and brown the vegetables.

6. When vegetables are soft, return the shrimp to pan and toss well to combine. Add 1/4 cup chopped cilantro and squeeze of lime juice.

7. Serve immediately with warm tortillas, guacamole and queso fresca.