

SPICY MEDITERRANEAN SHRIMP



INGREDIENTS:

- 10 oz raw white shrimp (tails off)
- avocado cooking spray
- 1/4 tsp cayenne (omit for a non-spicy dish)
- 1/2 tsp ground coriander
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 garlic cloves
- 1/2 small onion
- 6-7 mini bell peppers
- 1 cup tomato basil marinara (no sugar added)
- 1/2 lemon
- fresh parsley to garish

DIRECTIONS:

SPICY

1. Heat an iron pan on medium heat
2. While pan heats prepare veggies and shrimp. Slice onion and peppers and mince garlic. Pat dry the shrimp, place in a bowl and season with cayenne, coriander, paprika, and salt & pepper. Set shrimp aside.
3. Spray pan with avocado cooking spray. Add veggies to the pan and cook on medium heat for 5 minutes. Once veggies start to soften add the shrimp.
4. Cook the shrimp and veggies for 5 minutes. Mixing halfway.
5. Add marinara sauce and 1/2 cup of water to the pan. Cover and cook for an additional 5 minutes or until sauce starts to thicken and shrimp is fully cooked. Squeeze the juice of half a lemon and garnish with parsley.
6. Split into 3 equal servings, ~8 oz and 4-5 shrimp each serving. Serve with a side of choice

Enjoy!

Makes 3 Servings | Serving Size: 8 oz
Calories: 140 | Protein: 17 g | Carb: 12 g | Fat: 3 g | Fiber: 2