

Mediterranean Shrimp

Yield: 8 servings

Ingredients

6 tablespoons olive oil
 2 cups onion; diced
 1 cup fennel; diced
 1 cup red bell pepper; diced
 1 teaspoon kosher salt; divided
 4 teaspoons garlic; minced
 ½ teaspoon red pepper flakes
 2 tablespoons tomato paste
 29 ounces diced tomatoes
 (2-14.5 oz. cans)
 4 teaspoons fresh thyme; chopped;
 or 1 teaspoon dried
 2 teaspoons fresh oregano; chopped;
 or ½ teaspoon dried
 2 pounds shrimp; peeled and deveined
 4 teaspoons lemon juice; freshly
 squeezed
 4 teaspoons lemon zest
 ¼ cup fresh parsley; finely chopped

Instructions

1. Gather all ingredients and equipment.
2. Heat olive oil in a heavy skillet over medium heat.
3. Add the onion, fennel, bell pepper, and a ¼ teaspoon of salt and saute until the onion is golden, about 8 minutes. Add the garlic and red pepper flakes and saute for 1 minute.
4. Stir in the tomato paste, and then add the juice from the tomatoes to deglaze the skillet, stirring to loosen any bits that have stuck to the pan. Cook until the liquid is reduced by one-quarter.
5. Stir in the tomatoes, thyme, oregano and ¼ teaspoon of the salt and cook until the liquid has reduced by another one-quarter. Add the shrimp and ¼ teaspoon of the salt and stir gently to combine. Cover and cook until the shrimp is just done, about 3 minutes; it should be opaque.
6. Gently stir in the lemon juice, lemon zest and parsley. Taste; you may want to add the remaining salt or lemon zest or spritz of lemon juice. Serve immediately.

Nutrition Information

Serving Size: ½ cup

Calories: 244
 Total Fat: 12.9 g
 Saturated Fat: 1.9 g
 Monounsaturated Fat: 0.3 g
 Sodium: 183.4 mg
 Total Carbohydrate: 8.8 g
 Dietary Fiber: 2.1 g
 Sugars: 6.7 g
 Protein: 24.3 g

Source: Ash, J., & Goldstein, S. (2007). From the earth to the table: John Ash's wine country cuisine. San Francisco, CA: Chronicle Books.



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