

Spicy Asian Shrimp



Spice up your meal and spice up your health with this Asian shrimp recipe. This nutrient-rich dish contains over 40% of the daily value for selenium, vitamin C, protein, and vitamin D. It's another delicious meal that you can enjoy on our [The Healthiest Way of Eating Plan](#).

Prep and Cook Time: 15 minutes

Ingredients:

- 1/2 lb medium-sized shrimp, peeled and deveined
- 2 TBS + 1 TBS fresh lemon juice
- Sea salt and pepper to taste
- 3 TBS low-sodium chicken or vegetable [broth](#)
- 2 medium garlic cloves
- 1/8 tsp red pepper flakes
- 1/4 cup orange juice
- 1 TBS minced fresh ginger
- 1 TBS extra virgin olive oil

Directions:

Chop garlic and let sit for 5 minutes to [enhance its health-promoting properties](#).

Peel and devein shrimp.

Rub shrimp with 2 TBS lemon juice, salt and pepper.

Heat 3 TBS broth over medium-low heat in a stainless steel skillet.

When broth begins to steam, add shrimp, red pepper flakes, orange juice, and ginger and sauté. Stir frequently. After 2 minutes, turn the shrimp over and add garlic. Sauté until shrimp are pink and opaque throughout (approximately 3 minutes). Shrimp cook quickly, so watch your cooking time. They become tough if overcooked.

Dress with the extra virgin olive oil and the remaining 1 TBS lemon juice.

Serves 2

Healthy Cooking Tips:

Cook 4-5 minutes for large shrimp

George Mateljan Foundation Recipe