

PAN ROASTED SHRIMP AND OKRA



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Shrimp, Peeled and Deveined	1 Lb.	Fresh Okra, Halved Lengthwise	2 Cups
Kosher Salt	½ Tsp.	Cherry Tomatoes	2 Cups
Cajun Seasoning, Divided	2 Tsp.	Fresh Lemon Juice	1½ Tsp.
Olive Oil	1½ Tbsp.	Chopped Fresh Parsley (Optional)	



PREPARATION

- ✔ Season the shrimp with ½ tsp Cajun seasoning and ½ tsp salt. Set aside.
- ✔ Heat 1 tbsp olive oil in a large pan over medium heat.
- ✔ Add okra and cook for 3–4 minutes, stirring occasionally, until slightly softened.
- ✔ Toss in cherry tomatoes and sauté for another 2 minutes. Remove from the pan and set aside.
- ✔ Add the remaining ½ tbsp olive oil to the pan. Add the shrimp and the rest of the Cajun seasoning.
- ✔ Cook for 2–3 minutes per side until the shrimp is pink and fully cooked.
- ✔ Return the okra and tomatoes to the pan, stirring everything together.
- ✔ Drizzle with lemon juice and garnish with fresh parsley, if desired.
- ✔ Serve warm and enjoy!