Spicy Shrimp with Avocado Oil

Description

Shrimp with herbs and spices sauted in avocado oil. The avocado oil is a bit unusual, but really makes this dish.

Summary

Yield: 4
Prep Time: 20 minutes
Category: Seafood
Cuisine: Fusion

Ingredients

- 1 1/2 lbs medium shrimp, peeled and de-veined
- 1 tsp sugar
- 1/4 tsp kosher salt
- 1 tbsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp dried oregano
- 1 1/2 tbsp avocado oil, divided
- lime wedges

Instructions

Dust shrimp with kosher salt and sugar. In a small bowl, combine chili powder, cumin, coriander and oregano. Lightly coat shrimp with spice mixture.

Heat a non-stick skillet over medium heat. Ad 1 teaspoon of avocado oil and half the shrimp. Saute 4 minutes or until done. Remove shrimp from pan. Repeat procedure with 1 teaspoon of avocado oil and remaining shrimp.

Place shrimp on a platter. Drizzle remaining 2-1/2 teaspoons of avocado oil over shrimp. Garnish with lime wedges.

Notes

Avocado oil has gained popularity over the last ten years. You can find in the specialty section of many stores today. If you have trouble locating, you can find online ... avocado oil at igourmet