

Mediterranean-Style Sauteed Shrimp and Zucchini

This EASY recipe for sauteed shrimp with vegetables is colorful, flavorful and bursting with Mediterranean flavors.

Ingredients:

1 ½ tbsp dry oregano
1 tsp ground cumin
1 tsp ground coriander
½ tsp sweet paprika
1 lb large shrimp prawns, peeled, and deveined
2 tbsp Extra virgin olive oil
½ medium red onion thinly sliced
5 garlic cloves minced and divided

1 bell pepper cored and sliced into sticks
1 to 2 zucchini halved length-wise, sliced into ½ moons (you can use 1 zucchini and 1 yellow squash)
1 cup canned chickpeas, drained
1 ½ cups cherry tomatoes halved
Pinch kosher salt
Pinch black pepper
juice of 1 large lemon
Handful fresh basil leaves torn or sliced into ribbons

Directions:

In a small bowl, combine the spices (oregano, cumin, coriander, and paprika.)

Pat shrimp dry and season with kosher salt and 1 ½ tsp of the spice mixture. Set aside briefly or refrigerate till later. (Reserve the remaining spice mixture for the vegetables.)

In a large cast iron skillet, heat 2 tbsp extra virgin olive oil over medium heat. Add onions and ½ the amount of garlic and cook for 3 to 4 minutes, tossing regularly till fragrant (do not allow the garlic to burn.)

Add zucchini, bell peppers, and chickpeas. Season with salt and pepper and the remaining spice mixture. Toss to combine. If needed, raise the heat just a bit and cook the veggies until tender, tossing regularly (about 5 to 7 minutes.)

Transfer the veggies to a large plate for now. Return the skillet to the heat and add a little bit of extra virgin olive oil. Add the seasoned shrimp and remaining garlic. Cook over medium-high heat, stirring occasionally, until shrimp is totally pink (about 4 to 5 minutes).

Add the cooked vegetables back to the skillet with the shrimp. Add cherry tomatoes and lemon juice. Give everything a good toss. Finish with the fresh basil.

