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## BETTER COOKING WITH HORSERADISH

### Video Recipe Series

## PAN SEARED SHRIMP SKEWERS and TROPICAL SALSA

### WITH CHEF LAUREL ROBERTSON

Chef Laurel has over 23 years cooking experience, is professionally affiliated with the Personal Chefs Network and is a state Ambassador for Weight Watchers. She started Dinner's On personal chef service in 2005 and lives in Altoona, WI.



### PAN SEARED SHRIMP SKEWERS and TROPICAL SALSA

#### Shrimp Ingredients:

24 large shrimp, peeled and de-veined  
Juice of ½ of lime  
1 T. olive oil  
4 - 8" wooden skewers

#### Directions:

In a plastic re-sealable bag marinate shrimp in lime juice and olive oil. Thread shrimp on each bamboo skewer, about 4 shrimp per skewer.

Spray a large skillet with non-stick cooking spray and place over medium-high heat. When pan is hot add shrimp in a single layer. Sear shrimp about 3 minutes or until just pink and opaque, turn skewers over and repeat. Remove shrimp skewers, place on a decorative plate.

#### Salsa Ingredients:

4 oz. tropical fruit cups, drained (about 1 cup)  
1 T. of fresh cilantro leaves, finely chopped  
1 green onion, finely chopped  
½ of a lime, juiced (reserve other half for shrimp marinade)  
1 small jalapeno, minced (ribs removed & seeded)  
1 tsp. Silver Spring Mango Wasabi Sauce  
Kosher salt

#### Directions:

Chop drained fruit into smaller pieces. Combine the fruit and remaining salsa ingredients in a bowl and refrigerate until chilled.

#### Serving Instructions:

Place salsa in a decorative bowl w/spoon and serve with shrimp skewers immediately.

Serves 2 people - 2 skewers per person.

