

# ONE-PAN SPICY OKRA AND SHRIMP

Preparation: 20 minutes | Cooking: 10 minutes | Servings: 4

## INGREDIENTS

1 1/4 pound large shrimp, peeled and deveined  
1/2 pound fresh okra, halved lengthwise  
3 cups cooked basmati rice  
1 cup sliced red bell pepper  
1 cup sliced red onion  
2 tablespoons salt-free Cajun seasoning  
2 tablespoons chopped fresh parsley  
1 1/2 tablespoons fresh lemon juice  
1 tablespoon + 1 teaspoon EVOO  
1 tablespoon unsalted butter  
1/2 teaspoon kosher salt  
1/2 teaspoon black pepper



## INSTRUCTIONS

Start by grabbing a small bowl and mixing your Cajun seasoning, salt and pepper. Heat 1 tablespoon EVOO in a large cast iron skillet over medium-high heat. Now add your okra, bell pepper and onion to the pan. Sprinkle your vegetables with 2 teaspoons of the seasoning mixture, and cook, stirring often. Cook until the okra is slightly charred and your bell pepper and onions become tender, about 4-6 minutes. Transfer this mixture from your skillet to a bowl. Without wiping or cleaning out the pan, add another teaspoon of EVOO to the skillet. Pat the shrimp dry, and toss them with the remaining seasoning mixture. Add your shrimp to the skillet and cook, stirring often, until the shrimp are opaque, about 3-4 minutes. Return your vegetables to the skillet, and add parsley, lemon juice and butter. Toss quickly in the skillet until the butter melts. Serve over a bed of basmati rice and enjoy!