

Easy Cajun Shrimp



Plan Z Phase: This is a Z2 (ZReduction) recipe. This dish can be as easy as 3 ingredients and 3 minutes! I am going to describe a pre-cooked version of the shrimp dish and one you cook yourself. I am also going to give you spice mix options.

Servings: Serves 2 – 3

Ingredients:

- Shrimp: You have two choices, buy one pound of peeled and deveined shrimp or if you want to save even more time you can buy 1 pound of cooked shrimp.
- For the spice mixture: The super-fast option would be to buy a Cajun rub mixture in the spice section. You'll use 3 tsp if you go that route. Make sure you choose a sugarless version.

(Optional) If you have a spice selection in your cupboard, here's the mixture you can make:

- $\frac{1}{2}$ tsp of paprika
- 1 tsp of Italian seasoning
- $\frac{1}{4}$ tsp of garlic powder
- $\frac{1}{4}$ tsp of grated sea salt

- $\frac{1}{4}$ - $\frac{1}{2}$ tsp of black pepper
- $\frac{1}{4}$ tsp of cayenne (or to taste)

Other:

- A salad on the side: I recommend you pick up a nice bunch/bag of baby spinach or kale and then add your favorite ZReduction approved veggies.

Instructions:

In a large zip lock bag, add your spice rub or spice mixture. Then toss in the shrimp to coat them. Just bounce the bag around to coat them all.



Sooooo easy!

Spray your sauté pan with olive oil. Heat the pan and add the shrimp. If your shrimp are fully cooked already, all you need to do is heat them up. That will only take about 3 minutes. Just stir and toss them.

If your shrimp are raw, you'll need to cook them 5 – 6 minutes until no pink remains. Just flip them over once or twice to make sure both sides get cooked.

Once the shrimp are cooked, make your salad. Drizzle on one Tbl of approved dressing. To go with the shrimp I recommend a vinaigrette or ranch dressing. Toss and serve with the shrimp on top.

Enjoy!

Cheers,