



Sweet and Spicy Jerk Shrimp

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

Get a taste of island life with Jamaican jerkseasoned shrimp juicy pineapple roasted veggies and spicy jalapenos Serve over salad greens or for a heartier meal with cooked brown rice

Ingredients

- - 1 ½ pounds large shrimp in shells - 1 (20 ounce) can pineapple slices packed in 100% juice
- drained
- and cut into 2-inch pieces - 2 red bell peppers
- cut into thin strips - 1 large red onion
- sliced - 1 jalapeno pepper - halved lengthwise
- seeded
- and sliced - 2 tablespoons olive oil - 1 tablespoon Jamaican jerk seasoning - ½ cup chopped fresh cilantro - 2 cups hot cooked brown rice - 1 lime
- cut into wedges

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Line two 10x15-inch baking pans with foil. Peel and devein shrimp
2. leaving tails intact if desired. Rinse shrimp and pat dry. Gently toss shrimp together with pineapple
3. bell peppers
4. red onion
5. jalapeno
6. oil
7. and jerk seasoning in a large bowl. Divide mixture between the prepared pans. Roast in the preheated oven until shrimp are opaque
8. about 15 minutes. Sprinkle with cilantro and serve with brown rice and lime wedges. Recipe Tip Thaw frozen shrimp before using.