

VeraVia – Grilled Shrimp with Asparagus and Baby Frisee Salad

Ingredients for Shrimp:

10 pieces or ½ pound shelled shrimp
¼ tsp. minced garlic
1 tsp. fresh oregano, minced
2 tsp. ghee or butter
Salt and pepper

Ingredient for Asparagus and Baby Frisee Salad:

½ pound very thin asparagus
4 handfuls raw frisee, leaves separated
4 tsp. olive oil (2 tsp. for asparagus and 2 tsp. for frisee)
1 tsp. shallots, finely minced
¼ clove garlic, finely minced
1 heaping tbsp. parsley, finely chopped
Salt and pepper

Ingredients for Balsamic Vinegar Reduction:

Purchase balsamic glaze or make your own by simmering slowly and reducing 1 bottle by half.

** Limit to 1 tsp. per serving (slightly high in natural sugars)

Method for Dish:

- Prepare balsamic glaze if needed. Pat shrimp to dry and season with garlic, oregano, salt and pepper. (You can do this up to 8 hours ahead of time)
- Working in two pans simultaneously, heat both over medium to high heat for a minute. Add 2 tsp. ghee or butter for shrimp. Add 2 tsp. olive oil for asparagus.
- When pans begin to sizzle, add both the shrimp and asparagus to their individual pans.
- When asparagus begins to brighten, add shallots, garlic, salt and pepper. Cook until slightly wilted but still crisp. Remove to warm plate.
- Turn shrimp when opaque and as soon as they get a nice golden crust remove from heat. Immediately add remaining olive oil to pan and add frisee.
- Toss frisee in the hot pan until only warm and barely wilted. (About 20 seconds)
- It will continue to wilt when you remove it from heat.

To Plate:

- Arrange asparagus as a foundation at the center of the plate. Add the shrimp in a circle and then the wilted frisee on top of everything.
- Drizzle the balsamic glaze around the plate.