

BBQ SHRIMP

Time: 20 minutes

Serves: 4

Ingredients:

½ cup worcestershire sauce
1 tablespoon lemon juice
½ teaspoon kosher salt
½ teaspoon chili powder
¼ teaspoon cayenne pepper
¼ teaspoon paprika
1 pinch black pepper
1 pinch white pepper
3 cloves garlic - finely chopped or grated
1 ½ pounds large shell-on shrimp
½ cup unsalted butter – cubed
4 green onions - sliced

Preparation:

Place a deep frying pan on medium-high heat.

In a small bowl, whisk together the worcestershire sauce, lemon juice, salt, chili, cayenne, paprika, black pepper, white pepper and garlic.

Pour the worcestershire sauce mixture in to the pan and add the shrimp. Cook for one minute, stirring occasionally.

Stir in the butter one cube at a time, adding another only once the last one has melted.

Remove from heat and serve in a bowl topped with all of the sauce and garnished with the green onion.

Nutritional Information Per Serving:

Calories: 418
Fat: 26g
Carbs: 9g
Fibre: 0.3g
Protein: 35g