

Curried Tropical Shrimp Skewers

If you are in the Midwest, then you know that this winter has been brutal. Sub zero days, lots of snow, and wind. Oh, the wind. We've had some mild winters the past few years, so while this should seem normal, it's still not fun.

Usually cold weather means soups, stews, and braises. You know what I'm talking about — hearty, stick to your ribs kind of food that sits in your crockpot all day. I've done that this year, but you know what? I'm tired of that right now. I want sunshine and salad and just something that's not sit by the fire kind of food.

So, that's where these shrimp skewers come in. They're simple, quick, and definitely not winter food. Shrimp, pineapple, and red onion dusted with curry powder and broiled until sweet and savory? Perfection.

Let's talk about this curry powder for a second. If you don't know about curry powder, it's not a universal spice, like say, cinnamon. It's a blend of lots of different seasonings, like turmeric (that's where the color comes from), coriander, and cumin, and every one is different. This one came from Ava Jane's Kitchen, and it's definitely one of the better ones I've had. It's a Madras style, so it's kind of hot, which is nice with the sweetness of the pineapple in this dish. It's also super fresh tasting, because the spice mix is blended right before you get it. You're not getting that same kind of freshness from your grocery store spice aisle.

This recipe is as simple as skewering your ingredients, drizzling with Ava Jane's Kitchen Avocado Oil, sprinkling with the curry, and then broiling. Broiling cooks the skewers super fast, and caramelizes everything up nicely, so you get a lot sweet, spicy, and salty contrast. You could probably grill them just as well, but I'm not heading outside in zero degree weather. I'll try that come spring.

Serve these skewers over a salad or rice, or just eat as a snack. While I am sure I will be back for more soups before spring (there is a reason people like winter dishes — they *do* warm you up) this quick cooking tropical meal was definitely the break I needed.

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Serves 2-4

Prep time: 10 minutes

Ingredients:

1 pound raw shrimp

1 cup pineapple cubes

1 red onion, cut into bite sized pieces

1 tablespoon Ava Jane's Kitchen Avocado Oil

1 teaspoon Ava Jane's Kitchen Curry Powder

Colima Sea Salt, coconut flakes, fresh mint leaves, for garnish

Directions:

Preheat broiler to high heat.

Skewer the shrimp with the pineapple and onion. Lay on a baking sheet, drizzle with the oil and sprinkle with the curry powder.

Broil for 1-2 minutes per side, until shrimp is pink and pineapple is light browned and caramelized.

Sprinkle with Colima Sea Salt, coconut flakes and mint if using and serve.