

Honey Garlic Butter Shrimp Pineapple Skewers

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Servings: 6

3 tablespoons butter, divided
1/4 cup honey
4 large cloves garlic (or one tablespoon minced garlic), crushed
2 tablespoons low-sodium soy sauce
(one tablespoon) juice of 1/2 lemon
1 pound shrimp or prawns, tail on or off
sea salt (to taste)
cracked pepper (to taste) (optional)
1 cup fresh chopped pineapple
lemon slices (for serving)
2 tablespoons fresh chopped parsley

Preparation Time: 10 minutes

Soak wooden skewers for at least 20 minutes before cooking. Once soaked, arrange the shrimp onto the skewers, alternating with pineapple pieces.

In a small saucepan over low-medium heat, melt two tablespoons of butter with the honey, garlic and soy sauce together. Stir until combined well and allow to simmer for 3 to 4 minutes, or until beginning to thicken into a syrup. Remove from the heat and stir in the lemon juice.

Season the shrimp with a pinch of salt and a small amount of cracked pepper (optional). Using a brush, coat the honey-garlic sauce on both sides of each shrimp skewer. Heat the remaining butter in a large pan or skillet (or grill pan) over medium heat. Working in batches of three or four, sear the skewers for 3 to 4 minutes on one side, while pouring a small amount of sauce over each shrimp while cooking. Flip over and cook on the other side (pouring a little more sauce over the shrimp while cooking), for a further 3 to 4 minutes, or until the shrimp are completely cooked through and no longer opaque.

Remove from the pan and serve immediately with any remaining sauce to use for dipping!

Garnish with chopped parsley and lemon slices.

Per Serving (excluding unknown items): 97 Calories; 6g Fat (50.7% calories from fat); trace Protein; 12g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 259mg Sodium. Exchanges: 0 Vegetable; 1 Fat; 1 Other Carbohydrates.