



COASTAL CONSERVATION ASSOCIATION

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HERBED SHRIMP & SUMMER VEGETABLE ORZO

Summer is a time for many things. Mainly for our readers, it's about fishing and enjoying the outdoors with friends and family. Here's an easy summertime meal that's great for entertaining indoors or out. Feel free to add any veggies or herbs you'd like!

First ...

VINAIGRETTE INGREDIENTS:

- 1/4 c tarragon vinegar
- 1 tsp yellow mustard
- 1 tblsp honey
- 1 clove garlic, grated
- 1 tblsp chopped anchovy
- juice of 1 whole lime
- salt and ground black pepper
- 1/2 c extra-virgin olive oil

VINAIGRETTE PREPARATION:

Combine first seven ingredients in a bowl, then slowly whisk in oil.

** To simplify this step, you can use your favorite pre-made vinaigrette of similar flavor.*

Second...

ORZO SALAD INGREDIENTS:

- 1 lb orzo pasta, cooked & drained
- 1 bunch fresh asparagus, cut into 1-in pieces
- corn cut from 3 fresh cobs
- 2 tblsp chopped fresh basil
- 1 tblsp chopped fresh cilantro
- 1 c cherry tomatoes, cut in half lengthwise
- 1 large avocado, diced
- 3/4 c crumbled feta or goat cheese

ORZO SALAD PREPARATION:

Heat 1 tablespoon extra-virgin olive oil in a large nonstick pan over medium-high heat. Add corn and asparagus and cook about 4 minutes, or until slightly charred. Transfer corn and asparagus to a large bowl with cooked orzo, basil, cilantro, tomatoes, vinaigrette and stir to combine. Gently fold in avocado and cheese.

Third...

SHRIMP INGREDIENTS:

- 2 lbs medium shrimp, peeled & deveined
- 1 tsp salt
- 1 tsp pepper
- 1 tsp ground mustard
- 1 tsp ground coriander
- 2 cloves chopped garlic
- 1 orange bell pepper finely diced
- 2 tblsp chopped fresh basil

SHRIMP PREPARATION:

Place all ingredients in a large resealable plastic bag and shake vigorously to distribute everything evenly. Heat 2 tablespoons extra-virgin olive oil over medium-high heat in a large nonstick pan. Add shrimp to hot oil, cook about 1 minute per side, or until cooked through. Once shrimp are done cooking, put aside on plate.

Done! Now, just put a few spoonfuls of salad on your plate and top with shrimp. With any remaining herbs or cheese, sprinkle on top as garnish.

VARIATION - MAKE IT A CHILLED SALAD:

This recipe also works very well with the shrimp and orzo salad all combined, making one large mixed salad. Instead of plating separately, and eating as a warm meal, you simply add the shrimp to the orzo salad when done cooking and stir all to combine. Cover and chill in refrigerator until ready to enjoy. I'd definitely recommend doing this if you have leftovers. You could even serve it in martini glasses, or stemless wine glasses for a fun summertime appetizer.