



Broiled Shrimp & Summer Slaw

By Chef Veera Gaul, Ph.D.



Ingredients

For Shrimp

1 ½ lbs medium shrimp, peeled and deveined
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon garlic powder
½ teaspoon O&V [Smoked Paprika](#) *
¼ teaspoon cayenne pepper (or more to taste)
½ teaspoon salt
Course ground pepper to taste
2 tablespoons O&V [Roasted Garlic grapeseed oil](#) *
Lemon or Lime wedges for serving

For Slaw

½ head Green Cabbage, chopped (see Chef Tip)
½ head Red Cabbage, chopped (see Chef Tip)
1 large Yellow Bell Pepper, chopped
1 cup matchstick carrots
2-3 ears corn, cut off the cob or 1 ½ cups frozen corn
½ can black beans, drained and rinsed
Crumbled Feta or Goat cheese (optional)
½ cup O&V [Mango Pulp Vinegar](#) *
½ cup O&V [Lime Grapeseed oil](#) *

1-2 tablespoons O&V [Jalapeño grapeseed oil](#) (optional and to taste) *
3 tablespoon O&V **Mango Madness Pepper Jelly** *
½ cup of minced cilantro leaves
Salt and pepper to taste

Preparation

Make Shrimp

Preheat broiler on high with oven rack 6 inches from the heat source. In a bowl, toss together the shrimp, cumin, coriander, garlic powder, smoked paprika, cayenne pepper, salt, pepper and roasted garlic grapeseed oil until shrimp are well coated in the spices. Let stand for 10 minutes.

Line a large rimmed baking sheet with parchment paper. Spread the shrimp in a single layer on the baking sheet. Broil in the preheated oven for 3-5 minutes until shrimp is cooked through.

Make Slaw

Chop the two kinds of cabbage and the yellow pepper place in a large bowl. Add the matchstick carrots, corn and black beans. Toss together.

In a separate smaller bowl, make the dressing by whisking the Mango Pulp vinegar with the Mango Pepper Jelly until well combined. Drizzle in the Lime oil, whisking continuously. Add the Jalapeño oil if using and the minced cilantro. Whisk together and season with salt and pepper to taste.

Pour the dressing over the vegetables toss to coat and check the seasoning, adding more salt and pepper as needed.

Let the slaw sit in the refrigerator for at least 30 minutes before serving.

To Serve

Serve the slaw on a plate or bowl, sprinkle some crumbled goat cheese or feta cheese (if using), and top with the broiled shrimp. Serve with lemon or lime wedges on the side.

Serves 6

Active Time: 20 minutes Total Time: 50 minutes

Chef Tip

Once dressed, a slaw will start to get watery. To prevent this, toss the shredded cabbages with salt and let it rest for about 30 minutes. The salt causes the moisture in

the cabbage to leach out. Next, give the slaw a quick rinse shaking off as much water as possible, then blot excess water off with a paper towel. This will ensure that the dressed slaw will stay nice and crisp

Notes

* [Smoked Paprika](#) from Spain adds a depth of smokiness to the shrimp that provides that fresh off the grill flavor. The [Roasted Garlic Oil](#) is a high temperature cooking oil that enhances the garlicky flavor of the shrimp and can withstand being in the broiler or on the grill.

* The most popular vinegar in our store, there is no really good substitute for this [Mango Pulp vinegar](#), it adds amazing flavor and tanginess to the slaw along with the [Lime Grape seed Oil](#). You can substitute the [Jalapeño oil](#) with some chopped fresh jalapeños.

* **Mango Madness Pepper Jelly** is available at most Oil & Vinegar stores; you may substitute with another high-quality mango flavored pepper jelly.

Categories: Entrées, Snacks & Sides, Soups & Salads, Appetizers, Seafood, Gluten Free, Dairy Free, Home-Made, Mediterranean Diet, Smoked Paprika, Roasted Garlic Grapeseed Oil, Mango Pulp Vinegar, Lime Grapeseed Oil, Jalapeno Grapeseed Oil, Mango Madness, Pepper Jelly, Cabbage Slaw, No Mayo Slaw, Broiled Shrimp, Taco Shrimp, Southwest Slaw, Red Cabbage, Green Cabbage, Black Beans, Corn, Easy Dinner, Weeknight Meal, Easy Entertaining,