



Webinar Series Recipes

Shrimp Grain Bowl with Homemade Skhug Sauce

For Shrimp & Vegetables

- 2 tablespoons avocado oil
- 2 tablespoons fresh lemon juice
- 2 cloves garlic, minced
- 3/4 teaspoon kosher salt, more as needed
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1 teaspoon dried turmeric
- 1/2 teaspoon black pepper
- 1/4 teaspoon baking soda* (only add to shrimp!)
- 1 lb. raw peeled and deveined extra-large shrimp (26- 30 per lb.)
- 2 small zucchinis, cut into rounds
- 2 sweet bell peppers, sliced

For Skhug Sauce

- 3 medium cloves garlic
- 1 cup packed fresh cilantro leaves and thin stems
- 1-2 medium jalapeños, seeds removed but reserved
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground cumin
- 1/4 - 1/2 teaspoon red pepper flakes, more to taste
- 6 tablespoons extra-virgin olive oil
- Salt to taste

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For Grains

- 1 cup dry farro, rinsed and drained
- 2 cups vegetable or chicken stock
- 1 can garbanzo beans or 1 ½ cups cooked garbanzo beans
- 2 cups baby spinach leaves or kale
- Optional garnishes: fresh herbs, cherry tomatoes

1. In a mixing bowl, combine the oil with lemon juice, garlic, salt, paprika, oregano, turmeric and pepper. Split the mixture in half. Mix half with the baking soda and add to the shrimp, and mix the other half with the vegetables. Allow the shrimp and vegetables to marinate for at least 15 minutes and up to 1 hour in the refrigerator.
2. Preheat your oven to 400 degrees, and line a baking sheet with parchment. Place vegetables on the tray first and roast for 10-12 minutes. Take the tray out of the oven, push the vegetables to one side of the sheet tray, and then place the shrimp on the open half of the tray. Return to the oven and bake for another 5 minutes. Do not overcook! Remove from the oven and tent with foil to keep warm.
3. To make grains: Bring a large pot of salted water to a boil. Add farro to the water, and reduce heat to a simmer. Follow the instructions on your farro package for cooking. Pearled farro will take 15-20 minutes, semi-pearled about 20-30, and about 40 minutes for whole farro. Drain your farro well,

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return it to the pot and turn the heat on low. Stir in the garbanzo beans and the spinach, and cover the pot with a lid for 2 minutes. Turn off the heat and fluff.

4. To make the sauce: Combine everything except the oil and salt in a food processor.
5. Process the mixture until it is combined and finely chopped. With the food processor running, slowly add the olive oil. Season with salt, and serve with the shrimp bowl.
6. To assemble the shrimp bowl: Place grains on the bottom, then top with shrimp, vegetables and sauce.

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