

Treasure Barrel

Pan Seared Chimichurri Shrimp

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Argentinian** Cuisine

Ingredients

Shrimp & Marinade

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp black pepper
- [ ] 1 tbsp olive oil

Chimichurri Sauce

- [ ] 1 cup fresh parsley leaves, packed
- [ ] 1/2 cup fresh cilantro leaves
- [ ] 2 cloves garlic, minced
- [ ] 1 shallot, finely chopped
- [ ] 1 tsp red pepper flakes (optional)
- [ ] 2 tbsp red wine vinegar
- [ ] 1/4 cup extra-virgin olive oil
- [ ] Salt to taste

Instructions

1. Season the shrimp with salt, pepper, and a drizzle of olive oil; set aside while you prepare the sauce.
2. In a food processor, combine parsley, cilantro, garlic, shallot, red pepper flakes, and vinegar; pulse until roughly chopped.
3. With the processor running, slowly drizzle in olive oil until the mixture forms a loose, vibrant sauce; season with a pinch of salt.
4. Heat a large skillet over medium-high heat; add a tablespoon of oil and sear the shrimp for 2-3 minutes per side until pink and lightly charred.
5. Reduce heat to low, toss the shrimp with the chimichurri sauce, and let everything mingle for another minute.
6. Serve immediately, garnished with extra herb leaves and a squeeze of lemon if desired.

Nutrition per serving

280 kcal	30 g	5 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure shrimp are completely dry before searing to avoid steaming.
- The chimichurri can be adjusted with more vinegar for extra tang or extra oil for richness.
- For a heartier meal, serve over quinoa or cauliflower rice.