

Mediterranean Shrimp Bowl

Serve 4-5 s

Shrimp Bowl Ingredients

2 cups cherry or grape tomatoes
1 tablespoon extra virgin olive oil
Kosher salt and pepper

2 pounds peeled and deveined shrimp, patted dry
with paper towels

2 tablespoons extra virgin olive oil
1 tablespoon tomato paste
Zest and juice of one lemon
1 tablespoon fresh dill, finely chopped
2 cloves garlic, minced or pressed
½ teaspoon kosher salt and freshly ground black
pepper
½ teaspoon Aleppo pepper

Cucumber Sauce Ingredients:

1 ½ cups plain Greek yogurt
1-2 Persian cucumbers, grated and water squeezed
out over the sink
Handful or fresh dill or mint or both, finely chopped
2 tablespoons fresh lemon juice
1 tablespoon extra virgin olive oil
Kosher salt and pepper to taste

Onion Salad Ingredients:

1 large red onion, cut in half and thinly sliced
1 tablespoon extra virgin olive oil
Juice of one large lime
Handful or fresh parsley, chopped
Kosher salt and pepper to taste

4 cups cooked brown rice



Steps

1. Preheat oven to 400°F. In a large bowl, combine the tomatoes, olive oil, salt and pepper. Spread them out onto a baking sheet pan and roast for 15-20 minutes until the tomatoes begin to char and juice is being released. Remove the tomatoes and juice to a bowl.
2. In the same bowl you used for the tomatoes, add 2 (more) tablespoons of olive oil, the paste, zest and juice of a lemon, dill, garlic, salt and pepper and Aleppo pepper. Mix well and add shrimp. With your hands, make sure the shrimp is well coated. Cover and refrigerate and allow shrimp to marinate - about 1-2 hours. I use the same sheet pan the tomatoes were on to cook the shrimp. Preheat oven to 450°F. Spread the shrimp out in a single layer and roast for 5-7 minutes. Check to make sure there is not more “grey” (which is a little hard because the shrimp are red from the marinade. Once the shrimp are just-pink, they are done. Try not to overcook them.
3. Make the cucumber sauce by combining all the ingredients together in a medium-size bowl. Taste for seasoning.
4. For the onion salad: place super thinly sliced onions in a large bowl with ice ice. Allow the onions to soak for 2 hours before draining really well. Add the lime juice, olive oil, salt, pepper and parsley and stir well. Allow this to sit for about 20 minutes before serving. Taste for seasoning.
5. Put it all together. Place a serving of rice on the bottom of the bowl. Add the onion salad, roasted tomatoes, and shrimp and top with cucumber sauce. Enjoy!