Honey-Garlic Shrimp over Mashed Potatoes with Cabbage and Kale

Oh, the delight! Pan-seared wild caught shrimp in a glaze on top of a pile of mashed potatoes. As a cooking tip, crushing or chopping the garlic 10 minutes before cooking helps preserve its nutritional value and antioxidant power. From Executive Chef Reyna Venegas and her culinary team, we offer up one of our favorite entrees.

INGREDIENTS:

1 lb. wild shrimp,* peeled and deveined
¼ cup honey or maple syrup
3 garlic cloves, minced
1-inch ginger, minced
Zest of 1 lemon
3 Tablespoons Lemon juice, divided
¼ cup tamari or coconut aminos
4 cups water

1 lb. potatoes, any variety
2 Tbsp. ghee or olive oil
2 Tbsp. olive or avocado oil
1 leek, finely chopped
2 cups savoy cabbage or kale, chopped
½ cup chopped kale
¼ cup shaved radishes
Salt and pepper to taste
*Or substitue shrimp with one pound of wild-caught salmon.

METHOD:

1. In a bowl create a marinade with the honey, garlic, ginger, lemon zest, two tablespoons of lemon juice and tamari. Whisk and pour half on the shrimp. Let sit for 30 minutes.

2. Boil the unpeeled potatoes in four cups of water until very soft. Pour half of the water out of the pot.

3. Add the ghee while the potatoes are hot and mash until having a creamy lumpy-rustic texture. Season to taste with salt and pepper.

4. Drizzle some olive oil in a skillet and sauté the leeks and cabbage until golden brown, season to taste and combine with the potato mash.

5. Pour olive oil to lightly cover the bottom of a pan. Place the marinated shrimp in the pan and cover with a lid for 2 minutes. Remove the lid and flip the shrimp to cook on the other side. Pour the rest of the marinade on the shrimp and let cook for 2 more minutes.

6. Remove the cooked shrimp from the pan and let the sauce reduce for a couple minutes until it thickens.

7. Plate the shrimp on top of the potato, cabbage and kale mash and pour the sauce on top.

8. Garnish with the shaved radishes and chopped kale, remaining lemon juice and salt.

¡Buen Provecho!