Bite Spoon

Pan Seared Chimichurri Shrimp

Pan-seared shrimp tossed in vibrant chimichurri for a flavorful appetizer.

10 min	8 min	18 min	4	Easy	Argentinian
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1/4 cup fresh parsley, finely chopped
- [ ] 1/4 cup fresh cilantro, finely chopped
- [ ] 2 tbsp red wine vinegar
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp dried oregano
- [ ] 1/4 tsp red pepper flakes (optional)
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Pat the shrimp dry with paper towels; season lightly with salt and pepper.
2. Heat a large skillet over medium-high heat, add olive oil, then sear the shrimp 2-3 minutes per side until pink and lightly browned.
3. Remove shrimp and set aside; add minced garlic to the pan and sauté briefly until fragrant, about 30 seconds.
4. In a bowl, whisk together parsley, cilantro, red wine vinegar, lemon juice, oregano, red pepper flakes, and a pinch of salt.
5. Return shrimp to the skillet, pour the chimichurri over, toss gently to coat, and cook for another minute to warm through.
6. Transfer to a serving platter, garnish with extra herbs if desired, and serve immediately.

Nutrition per serving

210 kcal	24 g	3 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the pan is hot before adding shrimp; this creates a beautiful sear.
- If you prefer less heat, omit the red pepper flakes.
- A squeeze of extra lemon right before serving brightens the dish further.