

Caribbean Jerk Shrimp Pineapple Wraps

Servings: 2

Prep time: 7 minutes

Cook time: 6 minutes

Total time: 13 minutes

Ingredients

½ lb shrimp

1 tsp jerk seasoning

1 tbsp oil

½ cup pineapple chunks

Tortillas (flour or corn)

Optional: lime wedges

Instructions

1. Season shrimp

Toss shrimp with jerk seasoning until evenly coated.

2. Cook shrimp

Heat oil in a pan over medium-high.

Add shrimp and cook for 2–3 minutes.

3. Add pineapple

Add pineapple to skillet and sauté 2 minutes until lightly caramelized.

4. Warm tortillas

Heat tortillas in a dry skillet 20 seconds each side.

5. Assemble

Fill tortillas with jerk shrimp + pineapple.

Add lime if desired.

Notes / Tips

Great sides: coconut rice, cabbage slaw, mango salsa

Spice level depends on jerk seasoning brand

Swap shrimp: chicken or tofu

Add crunch: cabbage, lettuce, red onions