

RECIPES FOR THE ROAD — SUMMER SERIES

FLORIDA SHRIMP CITRUS SAUTÉ

RECIPE CREATED BY:
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INGREDIENTS (SERVES 4)

- 1 pound Florida shrimp (peeled or unpeeled)
- ¼ cup Florida white wine (optional)
- 1 cup seafood, chicken, or vegetable stock
- 1 lemon, thinly sliced
- 1 tablespoon garlic, minced
- 2 teaspoons smoked paprika
- 1 teaspoon cumin
- ½ teaspoon coriander
- 2 tablespoons fresh parsley, roughly chopped
- 4 tablespoons butter
- 2 tablespoons vegetable oil
- Sea salt and fresh ground pepper, to taste

PREPARATION

Preheat a large skillet over low heat. Do not add any butter. Add spices to dry pan and toast for 2-3 minutes or until you begin to smell the spices. Do not leave pan unattended if you opt to perform this step, certain spices are prone to burn quicker than others. Remove spice mixture from pan and set aside.

Preheat a large sauté pan over medium-high heat. Add butter and oil and allow to melt. Now add shrimp, garlic, and toasted spices; stir to coat shrimp. Season with salt and pepper. Carefully add white wine and stock. Bring to a boil and reduce heat to low and simmer for 1-2 minutes. Finish with lemon slices and fresh parsley, serve with crusty bread for dipping.

Fresh tip: Feel free to sauté fresh seasonal vegetables using same pan to make a complete meal.



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8 people die on Florida's roads **EVERY DAY** due to common mistakes behind the wheel. **YOU** can make a difference!

RECIPE FOR SAFE DRIVING

INGREDIENTS

(SERVES ALL ROAD USERS)

1 whole, undivided calm mind

1 well-maintained vehicle with functioning lights and signals

1 seatbelt per person, buckled

A dash of "Do Not Disturb" auto replies

Sprinkle of your favorite playlist

PREPARATION

1. Preheat by allowing **extra time** for your trip.
2. Fasten your **seatbelt**.
3. Set your phone on "**do not disturb**" mode.
4. Start your **favorite playlist** before you start your drive.
5. Give other drivers **space**.
6. Allow your drive to simmer **under the speed limit** while continually staying attentive to other road users.
7. Allow yourself to cool and **arrive at your destination safely**.
8. Serve with sides of **compassion for others**.



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