



What's Cooking?

Episode: Salt

Spicy Pineapple Pepper Shrimp

Serves 4

Ingredients

2 tablespoons olive oil
1½ pounds large shrimp, peeled and deveined
1 green bell pepper, seeded and cut into chunks
1 red bell pepper, seeded and cut into chunks
½ small white onion, cut into chunks
2 cloves garlic, minced
2 teaspoons red chili flakes
Salt to taste
1 cup canned pineapple chunks with juice
2 tablespoons chopped cilantro (optional)

Directions

In a sauté pan or wok, heat olive oil over medium-high heat. Add shrimp and cook, stirring, for about 1-2 minutes or until shrimp begins to turn pink.

Add the green and red peppers, onion, garlic, and chili flakes. Taste and add salt if necessary. Lower heat to medium and cook about 8-10 minutes, or until shrimp is cooked and peppers are slightly tender.

Stir in pineapple with juice. Continue cooking for 4-6 minutes until pineapple is heated throughout and juice begins to bubble and thicken. Remove from heat. For an extra kick, stir in some cilantro. Serve over steamed couscous.



Should I use sea salt for this dish instead of table salt?



Sea salt and table salt are the same chemical compound called sodium chloride. Sea salt may also contain a tiny amount of minerals, like magnesium, calcium, or potassium, but 85.62% of it is still sodium chloride—and it costs more than regular salt. To learn more about salt, check out the Salt video at TV411.org/science.