

## Healthy Recipe: Spicy Orange Shrimp

---

[vitalchoice.com](http://vitalchoice.com) (adapted from Kevin Lynch of Toronto, Canada, author of the [Closet Cooking blog](#))

MAKES 4 SERVINGS

### INGREDIENTS:

- 1 tablespoon oil organic extra virgin olive oil or macadamia nut oil
- 1 pound prawns or shrimp (peeled and deveined)
- 1 tablespoon garlic (grated)
- 1 tablespoon ginger (grated)
- 1 orange (juice and zest)
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 tablespoon chili sauce (or to taste)
- 1 handful cilantro (chopped)

### DIRECTIONS:

1. Heat the oil in a pan.
2. Add the shrimp and saute until cooked, about 2-3 minutes per side and set aside.
3. Add the garlic and ginger and saute until fragrant, about a minute.
4. Add the orange juice, orange zest, soy sauce, rice wine, honey and chili sauce, deglaze the pan and simmer to reduce to a sauce like consistency.
5. Remove from heat and mix in the shrimp and cilantro.