



Shrimp and pineapple souvlaki

10'
Hands on

2'
Cook Time

6
Portion(s)

1
Difficulty



Method

- Remove head, shell and vein of the [shrimps](#). Keep the tail. Season with salt and pepper and brush with olive oil.
- Heat a [pan](#) over medium heat and sauté the shrimps for 1 minute on each side until golden. Remove from pan.
- [Cut](#) the pineapple into slices and cut each slice into 4 pieces. Thread the shrimps and pineapples alternatively onto the wooden skewers of [inox skewers](#).
- [Cut the cherry tomatoes](#) in 4 and serve on rocket leaves.

Ingredients

- 200 g shrimps, No1
- salt
- pepper
- 2 tablespoon(s) olive oil
- 200 g pineapple

To serve

- 6 cherry tomatoes
- rocket, leaves

Διατροφικός πίνακας

Nutrition information per portion

64 Calories (kcal)	2.7 Total Fat (g)	0.4 Saturated Fat (g)	3.3 Total Carbs (g)
3%	4%	2%	1%
3.3 Sugars (g)	6.0 Protein (g)	0.6 Fibre (g)	0.26 Sodium (g)
4%	12%	2%	4%