

Shrimp with Barbecue Bleu Dressing and Cole Slaw

Servings: 1

INGREDIENTS

- 3 ea Harbor Banks® 21-25 black tiger shrimp
- 1 t fiery Cajun spice blend (see right)
- 1 t extra virgin olive oil
- 1 c barbecue bleu cole slaw (see below)
- 2 T Monarch® chopped peanuts

PREPARATION

Marinate shrimp in spice blend and olive oil; refrigerate. Heat sauté pan and add marinated shrimp to cook. Arrange cole slaw on plate and top with cooked shrimp. Garnish with peanuts.

Barbecue Bleu Cole Slaw (Yield: 6 c)

INGREDIENTS

- 4 c Cross Valley Farms® shredded cabbage
- 2 c Cross Valley Farms shredded carrots
- ¼ c Monarch hot sauce
- 1 c Monarch barbecue bleu cheese dressing
- 1 ea Cross Valley Farms red onion, diced

PREPARATION

In a large bowl, combine all ingredients and mix well. Before serving, allow cole slaw to sit for 30 minutes in refrigerator. Cole slaw will keep for up to 2 days in refrigerator.

Fiery Cajun Spice Blend (Yield: 5 c)

INGREDIENTS

- 2 c Monarch barbecue spice
- 1 c Monarch Cajun seasoning
- 1 c Monarch two-pepper blend
- 2 t Monarch cayenne pepper
- ¼ c Monarch cinnamon
- 1 ½ c Monarch brown sugar
- 2 t Monarch chili powder
- 2 t Monarch nutmeg

PREPARATION

In a medium sauté pan, combine all ingredients and cook gently over medium heat for about one minute, making sure not to burn. Let cool and transfer to a clean, covered container. Will stay fresh for up to 2 weeks. Use on pork, chicken, seafood or beef.

