

Spicy Harissa Shrimp with Asparagus

The following recipe and photography is courtesy of our friends at [Mina](#) and [@healthyfitnessmeals](#).

Ingredients

- 1 lb. medium raw shrimp, peeled and deveined
- 1 lb. Asparagus (1 bunch), rinsed and trimmed
- 3 garlic cloves, minced
- 2 tbsp. olive oil, divided
- 1/4 cup Mina spicy harissa
- 1 tsp. lemon pepper seasoning
- Salt and fresh pepper, to taste
- 1/4 cup vegetable stock
- Crushed chili pepper flakes, optional (if you like more spicy)
- 1/2 lemon
- Fresh chopped parsley to garnish



Directions

1. Over medium heat add 1 tbsp. olive oil to a large non-stick skillet. Add the asparagus and season to taste with salt and pepper.
2. Saute the asparagus until its tender, about 4-5 minutes. Once the asparagus is cooked, remove from the pan and set aside.
3. Using the same skillet, add the other 1 tbsp. olive oil and then add shrimp. Season the shrimp with salt and pepper and cook for 1-2 minutes on one side.
4. Add the minced garlic and seasoning. Stir to combine and flip the shrimp to cook on the opposite side.
5. Add the harissa paste, toss and cook for another minute, then add 1/4 cup vegetable stock. Allow the sauce to reduce for about a minute on low heat so you don't overcook the shrimp.
6. Push the shrimp on the side and add the asparagus you cooked earlier back to the pan.
7. Stir asparagus a few times until they are coated with the sauce. Squeeze lemon over the top of the shrimp and asparagus.
8. Let this sit for 1-2 minutes for flavors to blend. Remove from heat, garnish with fresh chopped parsley and lemon slices.
9. For additional heat, add some red crushed chili peppers if you like.
10. Serve and enjoy!