Plate Dream

Pan Seared Chimichurri Shrimp

A quick, vibrant shrimp dish with herbaceous chimichurri, perfect for a breezy weeknight meal.

10 min	12 min	22 min	4	Easy	Argentinian
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 tbsp olive oil
- [ ] Salt and freshly ground black pepper, to taste

Chimichurri Sauce

- [ ] 1 cup fresh parsley leaves
- [ ] ½ cup fresh cilantro leaves
- [ ] 2 cloves garlic, minced
- [ ] ¼ cup extra-virgin olive oil
- [ ] 2 tbsp red wine vinegar
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp lemon juice
- [ ] ½ tsp crushed red pepper flakes (optional)
- [ ] Salt, to taste

Instructions

1. Pat the shrimp dry, season with salt and pepper, and set aside.
2. Heat 2 tbsp olive oil in a large skillet over medium-high heat until shimmering.
3. Add the shrimp in a single layer; sear 2-3 minutes per side until pink and just cooked through. Remove and keep warm.
4. In a food processor, combine parsley, cilantro, garlic, red wine vinegar, lemon zest, lemon juice, red pepper flakes, and a pinch of salt. Pulse, then slowly drizzle in olive oil while blending to form a loose sauce.
5. Return the shrimp to the pan, pour the chimichurri over them, and toss gently to coat. Warm for another minute.
6. Serve immediately, perhaps over rice or quinoa, and enjoy the bright flavors.

Nutrition per serving

280 kcal	30 g	6 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder herb profile, reduce the cilantro by half.
- A quick squeeze of fresh lime at the table adds an extra zing.
- For a richer mouthfeel, drizzle a little extra-virgin olive oil just before serving.