



## SHRIMP AND GRITS

Prep Time: 40 minutes (includes 30 minutes marinade),

Cook Time: 25 minutes, Total Time: 35 minutes

Serves 4

1lb Wild Caught Shrimp (peeled and de-veined if your can find them)

1 lime

2 cloves garlic, minced

1 heaping tablespoon cajun spice

1 tablespoon ghee

1 large celery root

2-3 cups water or broth

small handful of parsley

salt and pepper

In a bowl, toss the shrimp with lime juice, lime zest, garlic, cajun seasoning, salt and pepper. Let marinate for 30 minutes.

While the shrimp marinates peel and chop the celery root and place in a saucepan with enough liquid to cover the celery root and cook until tender (like you would potatoes).

Once tender, puree with a stick blender or a blender. Season with salt and pepper and set aside.

Heat the ghee in a sauce pan and cook the shrimp until pink all the way through - about 8 minutes. Toss with parsley and serve on the bed of celery root.

*Chamber*  
XOXO

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