



Ingredients:

- 4 Tbs. butter
- 1 Tbs. Cajun seasoning
- 1 pound medium shrimp, peeled and deveined
- 3 Hass avocados
- ½ cup chopped red bell pepper
- ½ cup thinly sliced scallions
- ¼ cup chopped yellow onion
- zest of 1 lemon
- 1 Tbs. (or more to your liking) fresh lemon juice
- coarse salt and freshly ground pepper

Method:

- 1. Melt half the butter in a large sauté pan over medium-high.
- 2. Add ½ Tbs. of the Cajun seasoning to the butter, stirring well.
- 3. Add half the shrimp and sear for 2 minutes. Flip and sear another minute or so.
- 4. Season with salt and pepper.
- 5. Remove the shrimp from the pan and set aside.
- 6. Repeat the above with the remaining butter, Cajun seasoning, and shrimp.
- 7. Set shrimp aside.
- 8. Half each avocado and remove the pit. Scoop out the flesh into a big bowl.
- 9. Add the red bells, scallion, onions, lemon zest and juice, and a pinch of salt and pepper.
- 10. Mash it all together with your fork, until it is smooth, but still good and chunky.
- 11. Add salt, pepper, and more lemon juice to your liking.
- 12. Serve with the Cajun shrimp!