

Salt and Pepper Shrimp

Inspired by a recipe I discovered in a magazine years ago, this gluten-free adaptation was created for The Inner Table with a few nourishing upgrades and ingredient swaps. Tapioca flour creates a light, crisp coating without gluten, while shrimp provides lean protein and key minerals for immune support. Roasted garlic, parsley, scallions, and extra virgin olive oil layer in anti-inflammatory compounds and vibrant flavor, making this dish deeply satisfying yet simple.

INGREDIENTS

8 cloves garlic, roasted
16-20 jumbo shrimp, peeled and deveined
1 lemon, for cleaning shrimp
1 teaspoon salt, for cleaning shrimp
1 bunch scallions, trimmed and cut into 1" pieces
1 cup flat leaf parsley, leaves and stems, gently chopped
1/2 cup tapioca flour
4 tablespoons ground black pepper
1 1/2 teaspoons salt
3 tablespoons extra virgin olive oil, for pan frying

STEP 1

Place 8 unpeeled garlic cloves on a parchment-lined baking sheet and roast at 350°F for about 30 minutes, or until soft and lightly golden. Let cool slightly, then squeeze the roasted garlic from the skins.

STEP 2

Peel and devein the shrimp, then place in a bowl with cold water, lemon juice, and salt. Let sit for 3 minutes. Rinse the shrimp under cold water, then transfer to a paper towel-lined plate or cutting board and pat dry thoroughly before using.

STEP 3

Prep the scallion and the parsley and set aside in a small bowl adjacent to the stove. When the garlic is done, peel and rough chop then add to this bowl.

STEP 4

In a medium bowl, combine the tapioca flour, salt, and pepper and mix well. Add the cleaned and dried shrimp and toss until evenly coated.

STEP 5

To pan fry, in a large sauté pan heat oil on medium high. Once heated, add the shrimp and cook until lightly golden (about 2-3 minutes). Then add the scallion, parsley and roasted garlic, tossing until shrimp is cooked through. About 5 minutes. Add salt to taste. Serve warm.

SERVES

4

TIME

20 MIN

SHOPPING LIST

8 cloves garlic
16-20 jumbo shrimp
1 lemon
salt
1 bunch scallions
1 bunch flat leaf parsley
1 bag tapioca flour
ground black pepper
1 bottle extra virgin olive oil

EQUIPMENT

Large sauté pan

STORAGE

Store in air tight container in fridge for 1-2 days