



## **Shrimp Confit with Thai Pesto and Greek Yogurt Dipping Sauce**

Yield: 2 to 4

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS  ¼ recipe
Shrimp Confit:	·	Calories 270
Shrimp, peeled and deveined	1 lb	Fat 15g
SupHerb Farms Fusions® Thai Pesto	¼ cup	Saturated Fat 3.5g
Olive Oil	3 cups	Cholesterol 180mg
Dipping Sauce:		Sodium 630mg
Whole Milk Greek Yogurt	1 cup	Carbohydrate 6g Fiber 1g Sugars 4g
SupHerb Farms Fusions® Thai Pesto	4 tbsp	
Lime Zest	1 tbsp	
Lime Juice	1 tbsp	Protein 28g
		DIETARY STATEMENTS
		N/a

## **PREPARATION**

- 1. Shrimp Confit: Preheat oven to 325°F. Place shrimp in large bowl; add SupHerb Farms Fusions® Thai Pesto, tossing to coat well.
- 2. Transfer shrimp to casserole dish or Dutch oven; pour in enough olive oil to completely cover shrimp. Cover and bake for 30 to 45 minutes or until firm and opaque. Let cool.
- 3. Transfer shrimp to large Mason jar; pour in enough olive oil to cover. Cover and refrigerate for up to 5 days.
- 4. Dipping Sauce: Place all ingredients in mixing bowl; blend well using immersion blender. Cover and refrigerate overnight.
- 5. Place 2 tablespoons sauce in center of each serving plate. Skewer shrimp with bamboo sticks; place on sauce.

## **TIPS**

Surround each serving with micro chives and garnish with lime wedges.