



## Cajun Shrimp Burgers

Recipe courtesy of Cindy Barbieri Anschutz, Cindystable.com.

### Ingredients

1 – 1 1/2 pounds raw shrimp, peeled and deveined  
4 tablespoons olive oil or coconut oil, divided  
1 small shallot, finely minced (about 2-3 tablespoons)  
1 small clove garlic, finely minced  
1/4 cup red or yellow pepper, finely minced  
1 teaspoon sea salt  
1/2 teaspoon freshly ground pepper  
1 teaspoon chili powder  
1 teaspoon paprika  
1 teaspoon cayenne pepper  
1 teaspoon Dijon mustard  
1 teaspoon fresh lemon juice  
1 tablespoon of worcestershire sauce  
1 large egg, beaten

### Cajun Mayonnaise Ingredients

1 green onion, chopped  
3/4 cup of Coconut Cream (place a can in the refrigerator overnight and scoop the top for the cream and save the rest for your smoothie) or Paleo Mayonnaise  
1 tablespoon of dijon mustard  
1 tablespoons of all natural ketchup  
1 teaspoon of worcestershire sauce  
1 teaspoon horseradish  
1 teaspoon of Paprika  
1 teaspoon fresh lemon juice  
1/2 teaspoon Cayenne  
1/2 teaspoon chili powder  
1/2 teaspoon of Salt

### Instructions

Set EGG for direct cooking at 425°F/218°C.

Add shrimp to your food processor and pulse until mixture is in small pieces. Remove and place in a mixing bowl.

In a small sauté pan, heat 1 tablespoon oil over medium heat. Add shallot, garlic and peppers; cook for about 4 minutes, until softened. Season with salt and pepper. Remove from heat and let cool. Add the remaining ingredients then cooled pepper mixture to the shrimp bowl and combine well. Mold to your desired burger size and set on a plate then cover and refrigerate for 30 minutes.

Meanwhile in a small bowl, combine mayonnaise ingredients and set aside.

Cook burgers on the Cast Iron Grid for 3-4 minutes per side, until golden brown and cooked through. Makes 4 servings