

Shrimp & Veggie Skewers - Pass the Pulo

- 2 Japanese eggplant, sliced 1/3-inch thick
- 2 zucchini, sliced 1/3-inch thick
- 2 coloured peppers, cut into 1-inch squares
- 2 sweet onions, quartered, separated into chunks
- 1 lb large uncooked shrimp, peel on
- 1 c Pulo **Pineapple Tamarind** marinade plus extra as dipping sauce

Soak bamboo skewers in water. Marinate vegetable and shrimp in pineapple tamarind marinade for 30 minutes to an hour. Thread vegetables and shrimp separately onto skewers. Heat marinade before reusing to baste.

Preheat BBQ on medium heat. BBQ vegetables, turning occasionally, and basting with leftover marinade at half-time for about 10 minutes until they are charred. Or, you can start, finish or roast them in a 400F oven if that's more convenient.

Barbecue the large shrimp for 4-5 minutes per side, until just cooked through—only 3 minutes per side if peeled. You'll know they're cooked when the inside goes from translucent to white. Shrimp can also be cooked in the oven or on the stove as long as you are careful not to overcook them.

Serve skewers on a bed of brown rice vermicelli or [Shirataki noodles](#). Keep the bottle of Pulo marinade handy. You'll enjoy the bold, intense, sweet 'n sour 'n slightly spicy dipping sauce. Serves 4.

Jittery Cook