

# Core Cooking with Mandie Shockley

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## Quick Shrimp & Kale



### **INGREDIENTS**

*Serves 2*

1 tsp olive oil or coconut oil  
1 clove of minced garlic  
1 large bunch kale rinsed and torn into bite sized pieces  
8-12 ounces shrimp, raw or frozen  
Cayenne pepper  
Dried Red Bell Pepper Flakes  
Pink Himalayan Salt

### **INSTRUCTIONS**

Heat pan to low-medium heat. Heat olive oil and add garlic. Cook just a few minutes. Add Kale and toss oil and garlic well with tongs.

Turn heat to medium/high, add a little water to the pan and cook until kale turns deep green and starts to wilt. Toss in the shrimp and mix around. Add desired quantities of cayenne pepper, red bell pepper, and pink Himalayan salt.

Serve as soon as the shrimp is cooked all the way through.