Earth Day EATS

Responsible, sustainable fishing and aquaculture are critical to keeping our ocean healthy and ensuring a plentiful fish supply for both marine mammals and humans alike. To celebrate the 50th Anniversary of Earth Day on April 22, The Marine Mammal Center and Top Chef Eric Adjepong have teamed up to help families across America learn how we can work together to protect our ocean and create an exciting Seal-Approved, Ocean-Friendly Earth Day family dinner.

Grilled Peri Peri Shrimp, Avocado and Tomato Skewers
SERVES 4

Ingredients

FOR THE SKEWERS
- 24 medium cooked shrimp, peeled
- 1 large ripe avocado
- 1 teaspoon lemon juice
- Salt and pepper to taste
- 24 medium cherry tomatoes
- 8 8-inch skewers

FOR THE PERI PERI SAUCE
- 3-6 garlic cloves
- 1 tbs lemon juice
- ½ tbs paprika
- 3-5 bird’s eye chili (Thai chili)
- ¼ cup red wine vinegar
- ¼ cup vegetable oil

Directions

FOR THE PERI PERI SAUCE MARINADE:
- Set aside shrimp, avocado and cherry tomatoes.
- Add all Peri Peri Sauce ingredients except oil in the blender. Blend on medium speed, then slowly add in oil.
- Add Peri Peri Sauce to shrimp and marinate in refrigerator for up to 24 hours.

WHEN READY TO PREPARE SKEWERS:
- Peel, halve and stone avocado. Cut into 8 chunks.
- In a small bowl, toss the avocado gently with lemon juice.
- Remove shrimp from refrigerator.
- Thread 1 shrimp, 1 cherry tomato, 1 shrimp, 1 piece avocado, and 1 shrimp, in that order, on each skewer.
- Place skewers on hot grill, turning once so shrimp cook for 2-3 minutes on each side.
- Serving suggestion: place shrimp on bed of lettuce on a large platter. Garnish with cilantro.

Tip

Cilantro, also known as coriander, is an herb related to parsley. We seem to have a love-hate relationship with cilantro; some people just love it and others completely hate it. The chopped leaves can be used as a garnish. If using cilantro in the blender or food processor, use the leaves, stems and all.

Sustainable shrimp can be hard to find. We recommend Kauai Shrimp, sustainably farmed in Hawaii. If it’s not available in your area, select shrimp only from farms and fisheries with proven methods and certifications that reduce negative impacts on the environment.

If farmed, we recommend shrimp labeled with three or more stars from Best Aquaculture Practice Certification. Farm-raised shrimp with fewer stars may have been raised in a way that depletes natural resources or harms the environment.

If wild-caught, purchase shrimp with the Marine Stewardship Council’s blue fish label, which lets you know it was caught in a well-managed fishery that contributes to healthier oceans.

Alternatives to shrimp: Mussels, lump crab, clams and oysters that are sustainably farmed.