Sheet-Pan Shrimp Tikka

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Total Time	45 minutes
Prep Time	15 minutes
Cook Time	30 minutes
Rating	★★★★★ (793)

This quick, flavor-packed meal brings the smoky, tangy essence of tandoori-style cooking into the kitchen with minimal effort. The shrimp are marinated in spiced yogurt to infuse them with bold flavor before being roasted over a bed of vegetables in just minutes. Bell peppers and onions add sweetness and a bit of crunch, while a final blast under the broiler gives everything a slight char. Serve with warm naan, roti or fluffy basmati rice and a cooling raita for a complete meal.

INGREDIENTS

Yield: 4 servings

- 2 tablespoons Greek yogurt
- 1 tablespoon ginger paste or finely grated ginger (from a 1-inch piece)
- 1 tablespoon garlic paste or freshly grated garlic (3 to 6 cloves)
- 2½ teaspoons ground cumin
- 2½ teaspoons garam masala
- 1½ teaspoons Kashmiri chile powder or other mild red chile powder
- 1 teaspoon ground coriander
- ½ teaspoon ground turmeric

PREPARATION

2 tablespoons vegetable oil or other neutral oil, divided

Salt

1½ pounds large peeled and deveined shrimp

1 red bell pepper, cut into 1-inch pieces

1 yellow bell pepper, cut into 1-inch pieces

1 green bell pepper, cut into 1-inch pieces

1 small red onion, cut into 1-inch wedges

1½ teaspoons cumin seeds

Lemon wedges, for serving

Naan, roti or basmati rice, for serving

Step 1

Arrange one oven rack closest to the broiler and another on the middle position. Heat the oven to 450 degrees.

Step 2

Marinate the shrimp: In a large bowl, whisk together the yogurt, ginger paste, garlic paste, ground cumin, garam masala, chile powder, coriander, turmeric, 1 tablespoon of oil and 1 teaspoon of salt. Add the shrimp and toss to coat. Set aside to marinate.

Step 3

On a large sheet pan, toss all the bell peppers with the onion, the remaining 1 tablespoon of oil, the cumin seeds and ½ teaspoon salt. Roast the vegetables until tender and lightly browned, 20 minutes. Remove the sheet pan from the oven and flip over any especially browned vegetables. Arrange a rack 6 inches from the broiler and set the oven to broil on high.

Step 4

Place the marinated shrimp in a single layer on top of the roasted vegetables. Broil until the shrimp start to char, 3 to 5 minutes. Carefully remove the sheet pan, flip the shrimp and broil for another 3 minutes.

Step 5

Serve with naan, roti or rice, along with lemon wedges.

Private Notes

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