

Caribbean Jerk Shrimp Pineapple Wraps

Servings: 2 | **Prep Time:** 7 minutes | **Cook Time:** 6 minutes | **Total Time:** 13 minutes

These Caribbean jerk shrimp pineapple wraps are bold, juicy, and packed with sweet-heat flavor — and they're ready in just 13 minutes. Spicy jerk-seasoned shrimp meet caramelized pineapple for the perfect balance of heat and sweetness, all wrapped in a warm tortilla for an easy lunch or light dinner. Perfect for fast, fresh, exciting meals without turning on the oven.

Why You'll Love This Recipe

- Ultra-fast — ready in just 13 minutes
- Sweet + spicy balance from jerk seasoning and pineapple
- Flexible wraps: flour, corn, or lettuce
- Minimal ingredients with big flavor
- Great for weeknights, lunches, or summer meals

Ingredients

- ½ lb shrimp, peeled and deveined
- 1 tsp jerk seasoning
- 1 tbsp oil
- ½ cup pineapple chunks
- Tortillas (flour or corn)
- Optional: lime wedges

Ingredient Notes & Substitutions

- **Shrimp:** Medium or large shrimp work best and cook quickly.
- **Jerk seasoning:** Heat levels vary by brand; start light if sensitive to spice.
- **Pineapple:** Fresh caramelizes best; canned works if well-drained.
- **Tortillas:** Flour holds fillings well; corn adds extra flavor.

Instructions

Step 1: Season the shrimp

Toss shrimp with jerk seasoning until evenly coated.

Step 2: Cook the shrimp

Heat oil in a skillet over medium-high heat. Add shrimp in a single layer and cook 2–3 minutes, stirring once, until pink and opaque.

Step 3: Add the pineapple

Add pineapple chunks and cook 2 minutes, stirring occasionally, until lightly caramelized.

Step 4: Warm the tortillas

Heat tortillas in a dry skillet about 20 seconds per side until warm and flexible.

Step 5: Assemble the wraps

Fill tortillas with shrimp and pineapple. Finish with fresh lime juice if desired and serve immediately.

Tips for Best Flavor

- Do not overcrowd the pan so shrimp can sear properly.
- If seasoning sticks, add a splash of oil or water.
- Taste jerk seasoning first — some brands are much spicier.

Serving Suggestions

- Coconut rice
- Simple cabbage slaw
- Mango salsa
- Black beans or grilled corn

Storage & Make-Ahead Tips

Refrigerator: Store shrimp and pineapple separately from tortillas for up to 2 days.

Reheat: Warm shrimp gently in a skillet to avoid overcooking.

Make-ahead: Shrimp can be seasoned in advance and cooked just before serving.

Easy Variations

- Swap protein: chicken strips or crispy tofu
- Add crunch: shredded cabbage, lettuce, or red onion
- Low-carb: serve in lettuce wraps or over rice
- Extra heat: add chili sauce or sliced jalapeños