

## Sheet Pan Shrimp & Pineapple Tacos: Your New Favorite 20-Minute Dinner

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**OVEN**  
**400°F**

**TIME**  
**20 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

1 lb large shrimp, peeled and deveined

1 1/2 cups fresh pineapple, cubed

1/2 red onion, sliced thin

1 tbsp olive oil

1 tbsp chili powder

1 tsp cumin

1/2 tsp smoked paprika

Salt and pepper, to taste

8-10 small tortillas (corn or flour)

Optional toppings: avocado, cilantro, lime wedges, jalapeños, crumbled cotija cheese

Swaps and Notes:

**Shrimp:** Be sure to use large, raw shrimp for this recipe. Frozen shrimp works great—just make sure to thaw and pat it completely dry before seasoning.

**Pineapple:** Fresh pineapple is key for that beautiful caramelization. Canned pineapple can be used but will not have the same texture or flavor.

**Spice Blend:** You can easily adjust the spice level by adding more chili powder or a pinch of cayenne pepper.

**Tortillas:** Warm your tortillas in a dry skillet or microwave before serving for the best texture.

**Onion:** Red onion adds a great color and a slightly sharp flavor. You can also use white or yellow onion.

**Directions:**

**Prep the Oven and Pan:** Preheat your oven to 400°F (200°C). Line a large sheet pan with parchment paper for easy cleanup.

**Combine Ingredients:** In a large bowl, combine the peeled and deveined shrimp, cubed pineapple, and sliced red onion. Drizzle with olive oil and sprinkle with chili powder, cumin, smoked paprika, salt, and pepper. Toss everything together until the shrimp and pineapple are evenly coated.

**Roast:** Spread the shrimp and pineapple mixture in a single, even layer on the prepared sheet pan. Place the pan in the preheated oven and roast for 10-12 minutes, or until the shrimp are pink and opaque and the pineapple is tender and slightly caramelized.

**Warm Tortillas:** While the shrimp and pineapple are roasting, warm your tortillas. You can do this in a dry skillet for about 30 seconds per side or wrap them in a damp paper towel and microwave them for about 20-30 seconds.

**Assemble and Serve:** Remove the sheet pan from the oven. To assemble the tacos, place a spoonful of the shrimp and pineapple mixture in each warm tortilla. Garnish with your favorite toppings like fresh cilantro, a squeeze of fresh lime juice, or some crumbled cotija cheese. Serve immediately.

**Tips for Success:**

**Don't Overcook the Shrimp:** Shrimp cooks very quickly. As soon as the shrimp turn pink and opaque, they're done. Overcooking them will make them rubbery.

**Single Layer is Key:** Make sure the shrimp and pineapple are in a single, even layer on the sheet pan. This allows everything to roast and caramelize properly. If it's too crowded, the ingredients will steam instead of roast.

**Pat the Shrimp Dry:** Patting the shrimp dry before seasoning ensures the spices stick and the shrimp get a better sear in the oven.

**Serving Suggestions and Pairings:**

**Nutritional Information (Per Serving):**

**Calories:** Approximately 300 (per two tacos, without toppings)

**Protein:** 25g

**Fat:** 10g

**Carbohydrates:** 30g

**Storage and Leftover Tips:**

**More Recipes You Will Love:**

**Final Thoughts:**

## DIRECTIONS

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8. Pat the : Shrimp Dry: Patting the shrimp dry before seasoning ensures the spices stick and the shrimp get a better sear in the oven.
9. Serving Suggestions and Pairings: These tacos are a meal in themselves, but they pair wonderfully with a few simple sides. A side of black beans and rice or a simple corn salad would be fantastic. To make it a full-on fiesta, you could serve them alongside a fun beverage like my This Blueberry Lemonade is My Favorite Refreshing Drink for Sunny Days.
10. Nutritional Information (Per Serving): Please note: This is an approximation and can vary based on the specific ingredients used.
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15. This is a healthy and balanced meal that's packed with lean protein and fiber.
16. Storage and Leftover Tips: This dish is best enjoyed fresh, but leftovers can be stored in an airtight container in the refrigerator for up to 2 days. To reheat, I recommend warming the shrimp and pineapple in a skillet over medium heat to maintain the texture. Reheat the tortillas separately.
17. More Recipes You Will Love: If you're a fan of easy and delicious Mexican-inspired meals, you'll love some of my other recipes. For another crowd-pleasing taco night, my This Walking Taco Bar is My Favorite No-Fuss Way to Feed a Crowd is always a huge hit. For a cozy, comforting dinner, you can't go wrong with my recipe for These Chicken Enchiladas are My Go-To for Cozy Crowd-Pleasing Dinners. And for a great weeknight shortcut meal, my This Dorito Casserole is My Favorite Weeknight Dinner Shortcut is a lifesaver.
18. Final Thoughts: These Sheet Pan Shrimp and Pineapple Tacos are a perfect example of how a few simple ingredients and a clever cooking method can create a truly delicious and memorable meal. It's fast, it's flavorful, and cleanup is a breeze. What more could you ask for?
19. I hope you give this recipe a try! I'd love to hear what your favorite toppings are for this dish. Share your ideas in the comments below! And don't forget to follow me for more delicious and easy recipes. Happy cooking!

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/sheet-pan-shrimp-pineapple-tacos-your-new-favorite-20-minute-dinner/>