

Bold indicates up to 5 main recipe components

Ideal Protein Recipe

Phase 1: Marinated Spicy Shrimp Salad in Lime Juice & Cucumber

Serves: 1

Scaleable: yes, up to 8 portions

Prep time: 5 min

Chilling time: 15-30 min

Cook time: 3 min

Ingredients:

2 cups of water, to boil.

1 portion shrimp, peeled and deveined

1 stalk green onion, tipped and chopped

½ - 1 jalapeno (depending on how spicy you like it), deseeded and diced

juice of one lime

1 tsp olive oil

¼ tsp salt

1 roma tomato, deseeded and cut into wedges

1/2 English cucumber, sliced into thick half moons

2 red radishes, sliced thin

Method:

Bring a pot of water to a boil and blanch the shrimp. Cook shrimp until opaque, about 2-3 minutes. Drain immediately and toss with green onion, jalapeno, lime juice, olive oil, salt and tomato. Set aside and refrigerate until chilled through. When ready to serve, add cucumber to shrimp mixture and toss. Garnish with radishes.



