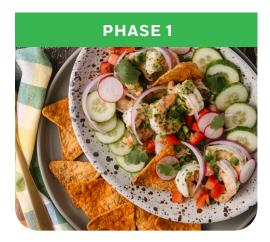
IDEAL PROTEIN

mexican shrimp cocktail with lime dressing

SERVES 1 • READY IN 15 MINUTES OR LESS



Ingredients:

1 portion shrimp, peeled

Sauce

- 1 tsp avocado oil
- ½ tsp salt
- 1 lime, juice only
- ¼ cup cilantro, roughly chopped including stems plus leaves to garnish
- ¼ english cucumber, roughly chopped

Toppings

- 1 jalapeno or serrano chili chopped (more or less depending on how spicy you want it)
- 1/2 roma tomato, chopped
- 1/4 english cucumber, thin sliced
- 2 tbsp thin sliced red onion
- 1 red radish, sliced

Bring a pot of water to a boil. When it starts to boil remove off the heat. Add in shrimp and leave for 1 minute or until opaque. Immediately remove and then place into a bowl with ice water.

Meanwhile, blend sauce ingredients together until pureed. Toss cooled shrimp with sauce. Put on a plate.

Garnish with chili, tomato, cucumber slices, red onion slices, radish slices and a few cilantro leaves. Serve with Dorados.