

SHRIMP TACOS

INGREDIENTS

1 bag coleslaw mix	2 1/2 pounds shrimp
1/2 cup Primal Kitchen Pesto Mayo	2 limes
6 Siete Foods Almond Flour Grain Free Tortillas	1 tbsp taco seasoning
2 tbsp coconut oil	1 bunch cilantro

PROCEDURE

Place coleslaw mix in a large bowl. In a small bowl, mix Primal Kitchen Pesto Mayo with the juice from 1 lime. If the mayo isn't thin enough to drizzle as a sauce, add a 1/4 teaspoon of water at a time until the mayo reaches a thinned consistency. Add the mayo sauce to the bowl with the coleslaw mix. Stir to combine. Set aside.

In a large cast-iron skillet over medium-low heat, let the skillet warm up. Add the almond flour tortillas to the skillet and allow to heat up for about 30 seconds per side. Repeat with the remaining tortillas and add each warmed tortilla to a plate.

Place shrimp in a large bowl, and sprinkle with keto taco seasoning. Stir to coat each shrimp well in the seasoning. Turn the heat under the cast-iron skillet to medium-high. Add coconut oil to the skillet and allow to warm for about 20–30 seconds. Add seasoned shrimp to the skillet. Cook shrimp for about 2–3 minutes on each side, until the shrimp just turns pink.

Remove shrimp from the skillet and turn off the heat.

To assemble the tacos: Cut 1 lime into quarters. Place about 4 shrimp into each tortilla. Add about 2 tablespoons of coleslaw mix to each taco, and spoon over about 1 tablespoon of the mayo sauce on each taco.

NATURAL HEALTH

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