

JERK SHRIMP with

MANGO SALSA & CAULI-RICE

INGREDIENTS

4 oz shrimp
1/4 Tbsp Jerk seasoning
1/4 tsp salt
1/4 tsp pepper
1/2 Tbsp coconut oil

SALSA

3 oz diced mango
1 small red bell pepper, diced
1/4 jalapeno pepper, seeded and minced
1/2 Tbsp fresh cilantro
1/2 Tbsp fresh lime juice

1 cup riced cauliflower (use a food processor, or dice it up with a knife)
1 green onion, chopped

INSTRUCTIONS

1) Let shrimp thaw by placing in a bowl of cold water. Gather ingredients while it thaws. Toss shrimp with jerk seasoning and sprinkle with salt

2) Melt 1/4 tsp oil in a large skillet over medium-high heat; add shrimp and cook 2 to 3 minutes or until shrimp turn pink

3) Toss together mango, bell pepper, jalapeno, cilantro, lime juice, and 1/8 tsp each salt and pepper.

4) Melt 1/4 tsp oil in skillet and add cauliflower, salt, and pepper. Cook until browned and stir in green onion. Serve shrimp over cauli-rice and with salsa.



Nutrition Facts

servings per container	
Serving size	(532g)
Amount per serving	
Calories	340
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 1000mg	43%
Total Carbohydrate 32g	12%
Dietary Fiber 7g	25%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2mg	10%
Potassium 987mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.