



## Spicy Shrimp Bowl

SERVINGS: 3

PREPPING TIME: 20 MINS

COOKING TIME: 6 MINS

### INGREDIENTS

#### Shrimp

- 3 tbsp. low-sodium soy sauce
- 1 clove garlic, minced
- 1 tsp. freshly grated ginger
- 1 tsp. honey/palm sugar
- 10 oz. fresh raw shrimp or thawed frozen shrimp, peeled and deveined
- 1 tsp. light sesame oil

#### Bowl

- 2 cups cooked brown rice or quinoa
- 1 English cucumber, sliced
- 1 1/2 cups shelled edamame, steamed
- 1 jalapeño pepper, thinly sliced
- 2 tbsp. fresh cilantro leaves, chopped
- 1 1/2 cups shredded carrot
- 1/3 cup sliced green onion
- Sriracha chili sauce for topping (optional)
- Toasted sesame seeds for topping

#### Spicy Mayo Sauce

- 1/3 cup Greek yogurt
- 2 tsp. Sriracha mild chili sauce, or to taste

### DIRECTIONS

1. Mix the soy sauce, garlic, ginger, and honey together.
2. Heat sesame oil in a skillet over medium heat. Add the shrimp and cook until pink. Add in half the soy dressing and cook until done, about 1-2 minutes.
3. In a small bowl, mix together Greek yogurt or light mayonnaise with Sriracha mild chili sauce. Adjust the amount of Sriracha based on your desired level of spiciness. Set aside.
4. Divide the cooked rice or quinoa among serving bowls. Arrange sliced cucumber, steamed edamame, jalapeño slices (if using), shredded carrot, and sliced green onion on top of the rice. Place the cooked shrimp on one side of the bowl. Drizzle the spicy mayo sauce and garnish with chopped cilantro and toasted sesame seeds. Serve the remaining soy dressing on the side, and pour over just before you eat.

### NUTRITION

Serving size: 1 bowl (441g)  
 (per serving) 340 calories, 7g fat, 0.5g saturated fat, 120mg cholesterol, 740mg sodium, 46g carbohydrate, 7g fiber, 7g sugar, 25g protein