

Asian Shrimp Bento



This shrimp rice bowl is one of those easy recipes we, dietitians, love having in our back pocket. It comes together quickly and makes busy days a little easier. Simple to prep ahead, it's fresh, satisfying, and has a nice balance of protein, veggies, and carbs. The creamy spicy yogurt sauce adds a tasty kick, while the mix of shrimp, edamame, and crunchy vegetables keeps it light but filling. Perfect for a [quick lunch](#) or grab-and-go meal during the week.

Preparation 5 min
Cooking 0 min
Servings 2
Nutrition Facts (per serving)
Calories 365
Fat 10
Carbohydrates 35
Fibre 5
Protein 34
Sodium 260

Ingredients

Spicy mayo

- 30 ml (2 tbsp) Greek yogurt, 0%, plain

- 30 ml (2 tbsp) mayonnaise
- 15 ml (1 tbsp) Sriracha

Bento

- 500 ml (2 cups) cooked rice
- 250 ml (1 cup) edamame, thawed
- 16 large shrimps, cooked
- 1 carrot, cut into 5 cm matchsticks
- ½ English cucumber, cut into matchsticks
- Shredded seaweed sheets, to taste
- 10 ml (2 tsp) sesame seeds

Preparation

1. In a small bowl, mix the yogurt, mayonnaise, and sriracha sauce.
2. Divide the cooked rice into two airtight containers.
3. Add the edamame, shrimp, carrot, and cucumber to each container.
4. Garnish with seaweed sheets to taste and sprinkle with sesame seeds.
5. Serve with the spicy mayo on the side or drizzled on top.

Notes

Can be refrigerated up to 4 days. Cannot be frozen.



Sophie Idris – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal