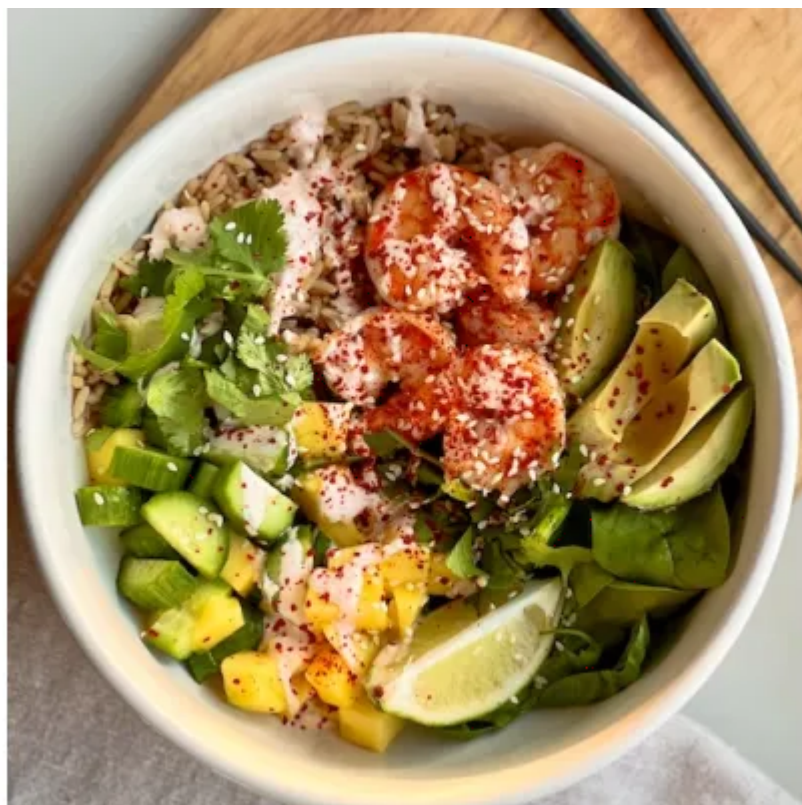


Spicy Shrimp Poke Bowl



Discover the benefits of our Spicy Shrimp Poke Bowl recipe. A delightful fusion of flavors and textures, and rich in proteins. Savor this enticing and nourishing dish now.

Preparation 15 min

Cooking 30 min

Servings 4

Nutrition Facts (per serving)

Calories 450

Fat 13

Carbohydrates 61

Fibre 13

Protein 23

Sodium 620

Ingredients

- 160 ml (? cups) brown basmati rice, raw
- 15 ml (1 tbsp) sesame oil

- 20 large (500 g) raw peeled and deveined shrimp
- 5 ml (1 tsp) cayenne powder
- Salt, to taste
- 1 L (4 cups) baby spinach
- 250 ml (1 cup) cucumber, diced
- 2 small avocados, sliced
- 1 mango, cut into cubes
- 1 lime, cut into wedges
- Fresh coriander, to taste
- 30 ml (2 tbsp) sesame seeds
- Chili flakes, to taste

Spicy mayonnaise

- 45 ml (3 tbsp) light mayonnaise
- 30 ml (2 tbsp) plain Greek yogurt
- 20 ml (4 tsp) sriracha or other hot sauce (or more if you like it spicy!)

Optional garnishes: grated carrots, wakame, grated red cabbage, sliced radish, cubed cucumber, pineapple cubes, green onions, etc.

Preparation

he rice, reduce heat to low, cover, and simmer
tender. Remove from heat, let rest covered

- for 5-10 minutes, then fluff with a fork.
2. In a frying pan, heat the sesame oil over medium-high heat. Add the shrimp and cook until crispy and golden, about 5-7 minutes. Remove from the pan, add cayenne powder and salt, and toss to coat.
 3. To the shrimp, add the cayenne powder, and salt, and mix
 4. Divide the rice, shrimp, spinach, cucumber, avocado, and mango among 4 bowls. Garnish with coriander, lime wedges, and chili flakes as desired. Top with spicy mayonnaise.



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