

Lean & Green

We make healthy eating second nature

SALT & PEPPER SHRIMP

No. of servings: 4

Per serving: 1 leanest | 3 green |
2 healthy fat | 2 condiments

Total Time: 15 minutes

Cuisine: Chinese

Contains: Shellfish

INGREDIENTS

½ tsp white peppercorns

½ tsp black peppercorns

½ tsp Sichuan peppercorns

1 tsp salt

2½ tbsp oil, any kind

4 cloves garlic, minced

90g shrimp, head and shell on or
peeled and deveined

8 scallions or spring onions, trimmed
and thinly sliced

4 fresh Thai chilies (12g), deseeded,
deveined, and minced

½ head of lettuce (280g), such as
Romaine or Iceberg, trimmed
and chopped (should yield about
6 cups)

DIRECTIONS

1. Combine white, black, and Sichuan peppercorns into a spice grinder until finely ground. Alternately, you may use a mortar and pestle to grind. Mix with salt and set aside.
2. Heat oil in a wok or skillet, add garlic and shrimp. When shrimp starts to turn pink, add scallions/spring onions, Thai chilies, and salt-pepper mixture.
3. Serve shrimp over lettuce.

Per serving: 310 calories, 48g protein,
7g carbohydrate, 10g fat



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