



## SHRIMP, PEA, SHALLOT & HERB SALAD

*Make ahead for a convenient completely balanced weekday lunch, complete with 10g of fibre, one serving of protein and a green vegetable.*

**Yield: 2 servings**

### INGREDIENTS

2 tsp sea salt  
 8 – 16 shrimp, about 1 lb (450g)  
 2 Tbsp olive oil, divided  
 1 shallot, finely chopped  
 3 cups frozen peas  
 ½ - 1 cup water  
 1 Tbsp fresh mint, finely chopped  
 1 Tbsp fresh parsley, finely chopped  
 1 Tbsp fresh basil, finely chopped  
 1 Tbsp lemon juice  
 Pepper to taste

### INSTRUCTIONS

1. Add salt to a large pot of water and bring to a boil. Add the shrimp and cook for 3 – 4 minutes. When the shrimp are cooked, they will float to the surface and change to an opaque pinky orange. Do not overcook, or they will be tough. Remove from the water and place into a bowl of ice water for 1 minute to stop the cooking process. Drain and remove the heads and shells before setting aside.
2. Heat 1 tablespoon of the olive oil in a large skillet set over low heat. Add the shallot and sauté until just cooked. Add the peas and ½ cup water and cook until the peas are cooked through and most of the water has evaporated, about 5 minutes. If water evaporates before peas are finished cooking, add more water.
3. Add the shrimp and stir to warm through. Add the herbs, lemon juice and remaining olive oil and season with salt and pepper to taste. Serve immediately.

#### References:

1. Taylor, Pip (2015). *The Athlete's Fix*. Boulder, Colorado: Velopress

1 serving = 1½ Carbs + 1 Protein + 3 Fats

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
	Serv. size 1 1/4 cups (352g) Servings 2 <b>Calories</b> 350 <b>Fat Cal.</b> 140	<b>Total Fat</b> 15g	<b>24%</b>	<b>Total Carb.</b> 32g
	Sat. Fat 2g	<b>11%</b>	Fiber 10g	<b>39%</b>
	Trans fats 0g		Sugars 10g	
	<b>Cholest.</b> 80mg	<b>26%</b>	<b>Protein</b> 22g	
	<b>Sodium</b> 460mg	<b>19%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 90%	Vitamin C 80%	Calcium 10%	Iron 25%