



Shrimp Cocktail

SERVES 4

Ingredients

- 100g shrimp
- 1 tbsp/13.5g olive oil
- 50g cherry tomatoes
- 1 tbsp/15g lemon juice
- 1 tsp/7.1g honey
- 1 tbsp/1g chopped coriander
- 1 cup /47g/ 2oz romaine lettuce



Method of preparation

1. Heat olive oil in a pan, add shrimp and stir fry for 2 to 3 minutes, until shrimp turn pink. Chill it for 2 hours.
2. Prepare the dressing with sliced cherry tomatoes, lemon juice honey, chopped coriander leaves and chill for 2 hours.
3. Fill the bowl with chopped romaine lettuce, pile the shrimp on top and spoon over the dressing.

Nutrition Information Per Serving

Energy	62kcal
Protein	5g
Carbohydrate	3g
Total fat	4g
Saturated fat	0.5g
Cholesterol	40mg
Dietary fibre	0.5g
Sodium	32mg
Potassium	101mg
Carbohydrate Exchange	0.2 exchange

About the author: Kohila Govindaraju is an accredited nutritionist and director of THE BERRIES Nutrition Consulting, an avid blogger (kohilag.wordpress.com) and prolific author of magazine articles on food and nutrition, including a book titled How to Lose Weight Without Hunger published by PatientsEngage.