

Sautéed Shrimp Bowl



Savor the gorgeously pink shrimp tossed with gingery flavor and the lovely fresh cucumber crunch.

Ingredients for 2 serving (US/Metric)

- 6.5 *cup* Shrimp
- 10 *pieces* Cucumber, medium size
- 3.5 *tbsp* Coconut oil
- 18g / 0.6oz Ginger
- Salt & pepper to taste

Nutrition (US/Metric)

- Protein: 44%

- **Fat:** 36%
- **Net carbs:** 20%

Instructions

1. Heat a sauté pan on the stove over medium heat. Drizzle the coconut oil (1 Tbsp).
2. Once the oil is hot, add the ginger followed by the prepped cucumber. Stir fry for 2-3 minutes.
3. Now, drop the shrimp. Fry gently till they lose their raw semi-transparent color and turn pinkish.
4. Lastly, season with salt and transfer to a serving bowl.