

Balsamic vinaigrette shrimps and salad with mediterranean rice



Salad: Any greens and veggie you like (on the picture: spinach, grape tomatoes, yellow pepper, garlic, kale, red onion, celery, sprouts)

Balsamic vinaigrette: 1 oz balsamic vinegar, 2tbsp avocado oil, 3 cloves of garlic(minced), lemon juice (1/2 lemon). Use fork to mix everything, pour over salad and shrimps.

Shrimps, olive or avocado oil, balsamic vinaigrette 3 clove of garlic, salt, pepper

On the high heat put olive oil, balsamic vinaigrette 3 clove of garlic salt and pepper. Stir for about 30 sec until garlic turn a bit brown, add shrimps. Sauté for a minute or two on each site.

Rice, cuscus or quinoa: cook ahead of time. Put desired amount on the pan, add some chopped almonds (blanched), little bit of olive or avocado oil, 1 tsp lemon juice. Mix everything and warm up. Add 1 tsp chopped basil, 1 tsp flat parsley. Mix everything and serve hot with salad and shrimps.