

Lemon Shrimp on Rainbow Salad

Ingredients for Salad:

Serves: 4

1 chiogga, yellow or red beet, thinly sliced
2 large handful of crunchy mixed sprouts
1 large handful of shredded red cabbage
2 carrots, peeled and julienned
1 avocado, cut into wedges
4 tablespoons sunflower seeds toasted
sea salt and fresh cracked pepper

Ingredients for Tahini Dressing:

¼ c. tahini
¼ c. olive oil
½ c. coconut aminos
¼ c apple cider vinegar
1 tbsp. garlic
½ tsp. oregano
½ tsp. basil
½ tsp. salt

Method:

Blend and use.

Ingredients for Shrimp:

1 lb. shell off shrimp (best to buy 1-1/2 lb. and shell them yourself)
1 tbsp. ghee or clarified butter to cook

Marinate for 30 minutes in:

1 tbsp. olive oil
1 tbsp. lemon juice
1 garlic clove
½ tsp. ground cumin
½ tsp. garlic powder
1 tsp. onion powder
salt and pepper

Method:

Saute shrimp. Place 2 tbsp. tahini on plate. Top with salad ingredients and shrimp. Garnish with lemon wedge and fresh basil.