

Shrimp with Mint and Cilantro

Ingredients

- 100 grams shrimp
- 2 tablespoons fresh cilantro, finely minced
- 1 tablespoon fresh mint, finely minced
- 2 tablespoons lemon juice
- 1 clove of garlic, crushed and minced
- Sea salt and pepper to taste
- Stevia (optional)

Makes 1 serving (1 protein)
20 grams protein
1.5 grams fat
105 calories

PHASE 3

MODIFICATION:

Add a little olive oil and parmesan cheese, and top with walnuts or pine nuts.

Directions

1. In a small frying pan, fry up the garlic in the lemon juice.
2. Add shrimp, cilantro, mint and parsley.
3. Stir fry together until shrimp is cooked and coated with herb mixture.
4. Add a little extra water or lemon juice if necessary.
5. Garnish with lemon wedges.

