

Avocado Boat with Garlic Shrimp

Recipe Type: Side Dish

Serves: 4

Prep Time: 20 minutes

Cooking Time: 10 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 6 large shrimps, raw, peeled
- ½ T olive oil
- 4 garlic cloves, chopped
- ¼ t salt
- 2 avocados
- 1 T lemon juice
- ½ t crushed red pepper chili flakes
- 2 T cilantro, chopped

What to do:

1. Wash your hands.
2. Cut the shrimp into small pieces.
3. Put the olive oil, garlic, shrimp and salt into a pan.
4. Cook on low heat. Turn off the heat when the shrimp turns pink.
5. Cut the avocados in half and remove the pit.
6. Remove the avocado with a spoon; try not to break the skin.
7. Chop the avocado into small pieces and put them in a bowl.
8. Add the lemon juice and the garlic shrimp.
9. Add the chili flakes and half of the chopped cilantro.
10. Mix well, crushing the avocado a little bit to give the mix a smooth texture.
11. Put 1–2 spoons of the mix into each avocado shell.
12. Sprinkle the rest of the cilantro on top for garnishment.
13. Enjoy!



This is a picture of 1 serving.

Contains Shellfish

Nutrition Facts

4 servings per container

Serving size 1 Boat (86g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 13g 17%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 190mg 8%

Total Carbohydrate 8g 3%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 1mg 6%

Potassium 380mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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