



Shrimp and Strawberry Rice Salad

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic
By: Cuisine l'Angélique

PORTIONS: 6
PREPARATION: 30 MINUTES

INGREDIENTS

- 500 g (3 1/2 cups) brown basmati rice, cooked
- 400g northern shrimp (or Matane)
- 150 g (1 1/2 cups) snow peas blanched, cooled and halved
- 1 zucchini, cut into small pieces (about 200 g)
- 160 g (1 cup) Ataulfo mango, cut into small pieces (about 1 large mango)
- 210 g (1 1/2 cups) strawberries, cut into small pieces
- 20 g (1/3 cup) fresh cilantro, chopped

Dressing:

- 50 g (1/4 cup) light olive oil
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) balsamic vinegar
- 7.5 ml (1 1/2 tsp) fresh ginger, grated
- 5 ml (1 tsp) garlic flower
- 2.5 ml (1/2 tsp) salt

PREPARATION

1. Soak up the excess water from the shrimp by lightly pressing between two paper towels.
2. In a large bowl, combine all salad ingredients (except strawberries and dressing) and mix well.
3. Using a fork, beat together the dressing ingredients, then add to the salad. Stir to coat dressing ingredients.
4. Refrigerate for a minimum of two hours to allow all flavours to seep in. Add strawberries before serving.
5. Keeps for 24 hours in the refrigerator.



A one-of-a-kind salad that is simply delicious!

HEALTH TIP

The northern shrimp, commonly called Matane shrimp, is a product of our province! It is found, among other things, in the Gulf of St. Lawrence estuary. Its content of omega-3 fatty acids is considerable, up to five times higher than that found in Asian shrimp and it contains twice as much protein as the latter. Matane shrimp is an excellent source of selenium, phosphorus and vitamin B12.

VEGAN VARIANT

Tempeh and strawberry rice salad

NUTRITION FACTS

Per portion	270 Calories
Fat: 10 g	15 %
Saturated 1,5 g	
Trans 0,1 g	8 %
Polyunsaturated: 1,5 g	
Omega-6: 0,9 g	
Omega-3: 0,3 g	
Monounsaturated: 6 g	
Cholesterol: 130 mg	
Sodium: 350 mg	15 %
Carbohydrate: 28 g	9 %
Fibres: 4 g	16 %
Sugars: 9 g	
Protéines: 17 g	
Vitamin A	15 %
Vitamin C	70 %
Calcium	6 %
Iron	25 %
Manganese	60 %

Sélénium	50 %
Vitamin B12	50 %