

# SHRIMP & LETTUCE

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

680g large black tiger shrimp  
2 oil-packed anchovy filets  
2 cloves garlic - roughly chopped  
120ml cold-pressed avocado oil (or other cold-pressed neutral-flavoured oil)  
50ml fresh lemon juice  
10g fresh mint leaves - roughly torn  
4g salt  
3g lemon zest  
0.5g fresh ground black pepper  
2 heads butter lettuce - roughly torn

### Preparation:

Bring water salted at 20g per litre to a boil. Add shrimp and boil for two minutes. Drain shrimp and set aside.

Place all ingredients except shrimp and lettuce in a blender. Blend into a dressing.

Toss lettuce with half the dressing.

Toss the shrimp with the remaining dressing.

Plate the lettuce topped with the shrimp and serve immediately.

### Nutritional Information Per Serving:

Calories: 425  
Fat: 28g  
Carbs: 5g  
Fibre: 2g  
Protein: 37g