

## RECIPE Summer Shrimp Ceviche Salad

SERVES 4

PREP TIME: 15 MINUTES

COOK TIME: 15-20 MINUTES

TOOLS + UTENSILS

- Skillet pan
- Large mixing bowl
- Spiralizer (optional)
- Chopping knife + cutting board

### INGREDIENTS

1 lb. uncooked, wild-caught shrimp (sub shredded chicken if desired)  
 1 tbsp. ghee or butter-flavored coconut oil  
 1 english cucumber, diced  
 1/2 cup cherry tomatoes, chopped in half  
 1 -2 medium zucchinis, spiralized (or diced)  
 1/2 red onion, thinly sliced  
 1/2 red, yellow, and/or orange bell pepper, diced  
 4-5 asparagus, chopped  
 1 avocado, diced  
 4 or 5 sprigs of cilantro, destemmed and chopped fine  
 1/4 cup microgreens (any kind)  
 6 tbsp lime juice; about 2 limes, or to taste  
 2 tbsp avocado or olive oil  
 sea salt, to taste

### PREPARATION

Start by gathering all ingredients for chopping; zucchini, cucumber, cherry tomatoes, red onion, bell pepper, asparagus, avocado, cilantro, microgreens and limes. Spiralize the zucchini, then chop the remaining ingredients and add to a large serving bowl. Then, thaw shrimp by placing frozen shrimp into a colander and place under running cold water, tossing occasionally to ensure all shrimp are thawed. This should take about five minutes or so. Once thawed, warm ghee or oil in large skillet over medium heat and add shrimp and sea salt. While shrimp is cooking, be sure to toss and stir frequently, you'll know they are done when pink and/or opaque looking, about five to seven minutes. Turn off the heat and let cool a bit before transferring to large serving bowl. Once cooled for a few minutes, add to the serving bowl along with all of your chopped veggies, cilantro and microgreens. Then, pour the oil, juice and sea salt over the ingredients in the bowl and toss to mix together. Serve.

TIPS + SUBSTITUTIONS: lightly sautee asparagus or broccolini until bright green in same pan as shrimp, with the leftover ghee or oil, adding more if necessary. Serve them right on top of your bowl of ceviche salad. I love to add shredded crab, lobster, even salmon when I have it and it's in season. Microgreens add a punch of flavor and highly concentrated nutrition in this salad. Arugula is another great, spicy addition! Lastly, If you can't find shrimp wild-caught...skip it! Farmed fish are high in harmful toxins and shrimp is no exception. If you can't find it, opt for some shredded organic free-range chicken baked in oil, lime juice and sea salt.