



SHRIMP TACOS WITH MANGO SALSA

A fresh and citrusy taco with protein-packed shrimp

 25 minutes

 4 portions

INGREDIENTS

- 566 grams of crustaceans, shrimp, raw
- 2 tsps of oil, olive, salad or cooking [9 g]
- 1 cup pieces of mangos, raw [165 g]
- 1/2 cup, chopped of peppers, sweet, red, raw [75 g]
- 1/2 unit of peppers, jalapeno, raw [7 g]
- 2 units yields of lime juice, raw [88 g]
- 1/2 cup of coriander [cilantro] leaves, raw [8 g]
- 3/4 cup of sour cream, light [173 g]
- 1/2 tbsp of honey [11 g]
- 1 cup, chopped of cabbage, red, raw [89 g]
- 8 tortillas of tortillas, ready-to-bake or -fry, whole wheat [328 g]
- 1/2 tbsp of spices, chili powder [4 g]
- 1 dash of salt, table [0 g]
- 1/4 tsp, ground of spices, pepper, black [1 g]

COOKING METHOD

- 1° For the shrimp: Heat the olive oil over high heat in a large pan. Season both sides of the shrimp with chili powder and salt to taste. Place the shrimp in a single layer in the pan and sear for 2-3 minutes per side, until shrimp are pink and cooked through.
- 2° Zest one of the the limes. Then juice both.
- 3° For the mango salsa: Chop the mango into little cubes. Finally chop the red bell pepper and half of the jalapeño pepper. Chop the cilantro. Mix it all together along with the half of the lime juice and a dash of salt. Cover the bowl and place it in the refrigerator for at least 15 minutes, up to 4 hours.
- 4° For the lime crema sauce: Mix the sour cream together with the lime zest and the other half of the lime juice. Add salt and pepper to taste.
- 5° To serve: Warm the tortillas. Add a handful of cabbage, some of the crema, and place the shrimp on top of the cabbage. Top with mango salsa and serve immediately.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [381 g]	% DRI
ENERGY	133 kcal	507 kcal	25 %
FAT	4 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	2 g	7 g	37 %
CHOLESTEROL	64 mg	243 mg	81 %
SODIUM	207 mg	786 mg	33 %
CARBOHYDRATE	14 g	54 g	18 %
SUGARS	3 g	12 g	—
FIBER	3 g	10 g	41 %
PROTEIN	10 g	39 g	—