

**WARM SALAD WITH SHRIMPS, ARUGULA AND FETA.** 3 portions**INGREDIENTS**

- 500 grams of shrimps, frozen
- 2 stalks of onions, young green, tops only [24 g]
- 2 whole small units [2-2/5" dia] of tomatoes, red, ripe, raw, year round average [182 g]
- 1 medium unit of pepper, capsicum, red, raw [160 g]
- 1 drained can of chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids [253 g]
- 1 sprig of dill, fresh [1 g]
- 2 tbsps, chopped of basil, fresh [5 g]
- 1 teaspoon of oil, olive [3 g]
- 3 cloves of garlic, raw [9 g]
- 1 measure of lemon juice, fresh [10 g]
- 150 grams of arugula, raw
- 50 grams of cheese, Feta

**COOKING METHOD**

1. Defrost and peel the shrimps.
2. Mix chopped green onions, tomatoes, capsicum, chickpeas and herbs.
3. Pour oil in to a skillet, add shrimps, fry on high heat during 3 minutes constantly stirring. Then lower the heat, add crushed garlic and fry till shrimps turn red.
4. Place arugula, veggie mix and shrimps onto flat plate and top with feta.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (441 g)	% DRI
ENERGY	73 kcal	323 kcal	16 %
FAT	2 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
CHOLESTEROL	51 mg	224 mg	75 %
SODIUM	229 mg	1007 mg	42 %
CARBOHYDRATE	6 g	26 g	9 %
SUGARS	2 g	8 g	–
FIBER	2 g	8 g	32 %
PROTEIN	9 g	38 g	–