

PREPARATION: 20 MINUTES

4 SERVINGS



LETTUCE AND SHRIMP WRAP

INGREDIENTS

Nutrient Analysis

Per serving: ¼ of recipe

Calories	573 Kcal
Protein	22 g
Carbohydrates	47 g
Fibre	3 g
Sugars	9 g
Total Fat	34 g
Saturated Fat	4 g
Cholesterol	117 mg
Sodium	594 mg
Potassium	523 mg
Phosphorus	295 mg

Filling

300 g Nordic shrimp, defrosted, rinsed, and drained*

¾ cup long grain white rice, dry

1 cup edamame, boiled

¾ cup peach, diced

2 green onions, sliced

1 tablespoon sesame seeds

8 Boston lettuce leaves

Dressing

⅔ cup mayonnaise

2 tablespoons lime juice

½ teaspoon lime zest

1 teaspoons honey

1 teaspoon sesame oil

½ teaspoon low sodium soy sauce**

½ teaspoon sriracha sauce (to taste)

PREPARATION

- 1 In a saucepan, prepare rice following instructions on package.
- 2 In a large bowl, combine and mix all ingredients for the filling.
- 3 In a small bowl, combine and mix all ingredients for the dressing.
- 4 Pour dressing over filling and gently combine.
- 5 To assemble, fill lettuce leaves with filling and roll.

* Rinse shrimp before cooking to remove phosphate.

** Check the label and choose a low sodium soy sauce without potassium additives.