



Shrimp & Spicy Kale Beet Blend Lettuce Wraps

Servings

3

Calories

910

Prep Time

20 minutes

Total Time

25 minutes

Skill Level

Easy

Ingredients

- 1 (8 ounces) package Mann's Kale Beet Blend
- 1 (7 ounces) package Mann's Romaine Lettuce Leaves
- 1 pound wild-caught shrimp, peeled & deveined
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- 1 zest of lime
- ½ juice of lime
- 1 stalk green onion, chopped
- 2 tablespoons cilantro, chopped
- 3 tablespoons spicy mayo, recipe below

Mayo Ingredients

- 1 egg at room temperature
- 1½ tablespoons fresh squeezed lemon juice
- ½ teaspoons chipotle powder
- 1 teaspoons chili sauce
- 1 cup extra virgin olive oil
- 1 teaspoons spicy mustard





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Mayo Directions

Combine egg, lemon juice, chipotle powder, and chili sauce in the bowl portion of your food processor or immersion blender and blend until frothy.

With the machine still running, add the oil, very slowly, in a narrow stream until all of it has been added or the mayo becomes thickened and stiff.

Transfer the mayo to a small mixing bowl and mix in the mustard. Refrigerate until ready for use.

The Method

Heat a large skillet over medium-high heat.

In a mixing bowl, add shrimp, extra virgin olive oil, salt, pepper, garlic powder, lime zest, and half of lime juice. Mix until well combined.

When skillet is hot, add the shrimp and cook for 4 minutes on each side. Remove from heat.

Add Kale Beet Blend, green onion, cilantro, remaining lime juice, and mayo to a mixing bowl and toss until well combined.

Assemble each wrap starting with a single romaine lettuce leaf, then add the dressed blend and top with shrimp

Nutrition Facts

Servings: 424g | Servings: 4

Amount Per Serving

Calories 910 | Total Fat 83g (sat fat 10g trans 0g) | Cholesterol 245mg | Sodium 1160mg | Total Carbohydrate 12g | Dietary Fiber 4g | Sugars 4g (Includes 0g Added Sugars) | Protein 25g | Vitamin D 0% | Calcium 15% | Iron 10% | Potassium 15%