

Shrimp Quinoa Bowl



PREP TIME:
20 MINUTES

COOK TIME:
25 MINUTES

TOTAL TIME:
45 MINUTES

Author: Christi Davis
Recipe type: Gluten Free / Dairy Free
Yield: 4 Servings

EQUIPMENT: Air Fryer

Shrimp Ingredients:

- 1 TBSP Olive Oil
- 1 16 oz. Bag Frozen Organic Raw Large Shrimp
- 4 Cloves Garlic – Minced
- 2 Teaspoons Extra Virgin Olive Oil
- Juice Squeezed from 1 Lemon
- ½ Teaspoon Himalayan Sea Salt
- 1 Teaspoon Chili Powder
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- 1/2 Teaspoon Thyme
- 2 TBSP Honey
- Cracked Pepper to Taste

Veggie Ingredients:

- 1 TBSP Extra Virgin Olive Oil
- 1 Teaspoon Himalayan Sea Salt
- 1 Teaspoon Garlic Powder
- 1/3 Cup Red Onion – Thinly Sliced
- 1 Cup Broccoli – Cut in Pieces
- 1 Cup Cauliflower – Cut in Pieces
- 1 Cup Carrots – Sliced in Pieces
- 1 TBSP Olive Oil
- ¼ Teaspoon Himalayan Sea Salt
- 4 Cups Kale

Quinoa Ingredients:

- 2 Cups Organic Vegetable Broth

- 1 Cup Quinoa
- ¼ Teaspoon Sea Salt

Shrimp, Quinoa & Kale Chips Instructions:

1. Pour shrimp into colander placed in sink. Run cold water over the shrimp for about 5 – 7 minutes until thawed out.
2. Place shrimp on paper towel and thoroughly dry them.
3. In the meantime, start the quinoa by adding broth, quinoa and salt to medium sized pot with cover.
4. Let get to a rolling boil, then reduce to a simmer and cook 10-12 minutes – watch for when liquid is reduced stirring a few times, and quinoa starts to soften. Fluff with a fork and set aside until ready to serve.
5. **Sauce for shrimp:** In medium bowl add garlic, olive oil, lemon juice, salt, chili powder, onion powder, thyme, honey and pepper. Mix with whisk.
6. **Preheat Air Fryer:** 5 minutes at 400 degrees.
7. Pour shrimp in sauce bowl and toss until completely coated. After preheated – add shrimp to air fryer. Cook at 400 degrees for about 8-10 minutes. Will know it's done by firmness of shrimp.
8. Remove shrimp from air fryer and place fryer basket back into base.
9. In a large bowl, mix the kale, 1 TBSP olive oil and ¼ tsp salt. Pour into fryer and cook at 400 degrees for 8-10 minutes. Cook to your desired crispness.

Veggie Instructions:

1. In a large sauté pan, add 1 TBSP olive oil. Once warmed up, add onion and let cook for 5 minutes.
2. Add broccoli, carrots and cauliflower to pan. Season with salt and garlic powder. Cook for about 6-8 minutes.
**Now assemble your bowls* – on the bottom add ¼ cup to ½ cup quinoa spread evenly, add veggies on each side and top with 5-6 shrimp.
Optional: Serve with sliced avocado.

***Try and use all organic ingredients if possible.**

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