

to healthier, happier you

Get ready to a quick and easy
meal with my 15 min Chipotle Lime Tacos

Packed with fresh zesty flavors
this recipe is perfect for a satisfying meal in no time
Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of raw shrimp (or chicken, white fish, tofu, seitan)
3-4 corn small tortillas
1/2 onion
1/2 tomato
1/4 of mango
1/2 avocado
3 tbsp of 0% fat greek yogurt
1 cup of cilantro
2 garlic cloves
1 chilli pepper (optional)
1 tbsp of olive oil
2 tsp of onion powder
2 tsp of chipotle or paprika seasoning
2 tsp of salt
lime juice qb
pickled onion qb
cilantro to garnish

INSTRUCTIONS:

Start by preparing your mango salsa: combine diced mango, red onion, cilantro, diced tomato, and lime juice. Season with salt to taste. Mix well and set aside. In a blender or food processor, combine ripe avocado, cilantro, lime juice, plain protein yogurt, salt, and onion powder. Blend until smooth and creamy. Adjust seasoning to taste and add water if need.

In a skillet, add the olive oil, smashed garlic, sliced chili pepper, the chipotle or paprika seasonings and sauté until fragrant. Add the shrimp and grill for 2-3 minutes per side until they're opaque and cooked through. Remove and set aside.

Heat the corn tortillas, add the mango salsa, the grilled shrimp, drizzle the dreamy creamy avocado dressing, garnish with pickled onion and cilantro on top! ENJOY!

arise
BY NICOLINA