

SHRIMP SALAD WITH THAI RICE

2 persons / 504 kcal per person

Ingredients:

- 130 grams of pandan rice
- ½ head of iceberg lettuce
- ¼ cucumber
- 1½ tablespoon of oil
- 1 onion
- 200 grams of Thai stir-fry mix
- 50 ml sweet soy sauce
- 200 grams bowl of wok shrimps with garlic
- pepper and salt



Preparation:

Cook the pandan rice according to package directions. Remove 2 beautiful iceberg lettuce leaves and place each on a plate. Cut the rest of the iceberg lettuce into thin strips. Peel the cucumber and cut it into strips. Mix the cucumber with the cut lettuce and spread it on the lettuce leaves. Cut the onion into wedges. Stir fry in 1 tablespoon of oil half of the chopped onion along with the Thai stir fry mix for 5 minutes. Spoon in the rice and stir fry 3 minutes more. Spoon in 25 ml of soy sauce. Make it spicier yourself by adding pepper or sambal. Stir fry the wok shrimp together with the rest of the onion in a ½ tablespoon of oil over high heat for 2 minutes and spread them over the lettuce. Stir the remaining 25 ml of soy sauce into the cooking oil and spoon the sauce over the shrimp. Serve the Thai rice with the shrimp salad.

Nutritional value per person:

Energy:	504 kcal
Protein:	26.4 grams
Carbohydrates:	60.5 grams
- including sugars:	10.3 grams
Fat:	16.0 grams
Fiber:	6.0 grams
Salt:	2.5 grams