

Spicy Shrimp, Quinoa & Spinach

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Garlic (clove, minced)
- 2 tsps Chili Powder
- 1 tsp Cumin
- 1/8 tsp Cayenne Pepper
- 1/8 tsp Sea Salt
- 1 lb Shrimp (raw, peeled, deveined)
- 12 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	262	Cholesterol	183mg
Fat	9g	Sodium	321mg
Carbs	18g	Vitamin A	8868IU
Fiber	4g	Vitamin C	26mg
Sugar	1g	Calcium	188mg
Protein	29g	Iron	5mg

DIRECTIONS

- 01 Combine the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce the heat to a simmer and cover with a lid. Let it simmer for 12 minutes, or until all the water is absorbed and the quinoa is tender.
- 02 In a mixing bowl combine the oil, garlic, chili powder, cumin, cayenne and sea salt. Add the shrimp to the bowl and toss to coat evenly in the marinade.
- 03 Heat a large non-stick pan over medium-high heat. Add the shrimp and the marinade to the hot pan and cook for 4 to 5 minutes stirring often until the shrimp are cooked through. Season with additional salt if needed. Transfer the shrimp to a dish.
- 04 Reduce the heat to medium and to the same skillet add the remaining oil. Add the baby spinach and sauté just until wilted.
- 05 Divide the shrimp, spinach and quinoa between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add more cayenne, red pepper flakes or black pepper to the shrimp marinade for more spice. Serve with lime wedges.

GRAIN-FREE

Use cauliflower rice instead of quinoa.

