

Marinated Shrimp with Sweet Potatoes and Dill Salad

by Healing Family Eats

Prep time: 15 minutes + 20 minutes marinating

Cook time: 30 minutes

Serves 2

Salad -

3 tbsp extra virgin olive oil, divided

1 lb (2 small) white sweet potatoes, peeled and cut into wedges

10 thin asparagus, halved

1/4 English cucumber, halved and sliced on the diagonal

2 small spring onions, sliced on the diagonal

2 thin stalks celery, sliced on the diagonal

1/2 Granny Smith apple, quartered and cut into wedges

1 small handful mixed baby leaves

1 handful microgreens

generous pinch Himalayan pink salt

Shrimp -

2 tbsp extra virgin olive oil

2 large cloves garlic

2 tsp lemon zest

1 tbsp lemon juice

8 large uncooked shrimp, peeled but tails left on

generous pinch Himalayan pink salt

Dressing -

1/2 cup chopped dill

1/3 cup chopped cilantro

1/3 cup chopped flat leaf parsley

1/4 cup chopped mint leaves

2/3 cup extra virgin olive oil

1 tsp lemon zest

2 tbsp lemon juice

generous pinch Himalayan pink salt

Preheat the oven to 450F.

Put the sweet potato wedges onto a parchment lined baking tray and drizzle with 2 tbsp of the oil. Bake for 20 minutes or until golden brown and cooked through, turning half way through. Remove from the oven and sprinkle with salt.

Meanwhile put the marinade ingredients into a medium bowl and add the shrimp.



Mix well and leave to one side for 20 minutes. Do not leave for any longer or the acid will break down the protein.

Put the asparagus spears onto a plate and toss with the remaining oil and a sprinkling of salt. Heat a medium pan on a medium heat and fry for 5 minutes or until gently charred and tender. Shake the pan once in a while to cook the asparagus evenly. Remove and put into a large bowl and toss in the remaining salad ingredients.

Sprinkle a little salt over the shrimp and fry in the asparagus pan over a medium-high heat for around 2 minutes until golden brown on one side. Turn them over and cook a further 1-2 mins or until cooked through.

Put the dressing ingredients into a high speed blender and blend until smooth. Put the sweet potatoes onto a plate and lay the shrimp over the top. Put the salad to one side and pour over some of the dressing. Keep leftover dressing in the fridge for another meal.