

**WARM SALAD WITH SHRIMPS, ARUGULA AND FETA.** 3 portions**INGREDIENTS**

- 500 grams of shrimps, frozen
- 2 stalks of onions, young green, tops only [24 g]
- 2 whole small units [2-2/5" dia] of tomatoes, red, ripe, raw, year round average [182 g]
- 1 medium unit of pepper, capsicum, red, raw [160 g]
- 1 drained can of chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids [253 g]
- 1 sprig of dill, fresh [1 g]
- 2 tbsps, chopped of basil, fresh [5 g]
- 1 teaspoon of oil, olive [3 g]
- 3 cloves of garlic, raw [9 g]
- 1 measure of lemon juice, fresh [10 g]
- 150 grams of arugula, raw
- 50 grams of cheese, Feta

COOKING METHOD

1. Defrost and peel the shrimps.
2. Mix chopped green onions, tomatoes, capsicum, chickpeas and herbs.
3. Pour oil in to a skillet, add shrimps, fry on high heat during 3 minutes constantly stirring. Then lower the heat, add crushed garlic and fry till shrimps turn red.
4. Place arugula, veggie mix and shrimps onto flat plate and top with feta.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (441 g)	% DRI
ENERGY	73 kcal	323 kcal	16 %
FAT	2 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
CHOLESTEROL	51 mg	224 mg	75 %
SODIUM	229 mg	1007 mg	42 %
CARBOHYDRATE	6 g	26 g	9 %
SUGARS	2 g	8 g	–
FIBER	2 g	8 g	32 %
PROTEIN	9 g	38 g	–