

Shrimp & Snow Pea Salad

Total: 24 min. Active: 24 min. Yield: 6 servings.

Nutritional Information Per Serving

Calories: 280. Total Fat: 13g. Carbs: 7g. Protein: 32g.

Ingredients

- 12 oz snow peas
- 1 1/4 lb. medium shrimp, peeled and deveined
- 4 radishes, thinly sliced into half-moons
- 4 scallions, thinly sliced
- 1/3 cup rice vinegar
- 1 tbsp canola oil
- 1 tbsp toasted sesame oil
- 1 tbsp grated fresh ginger
- 2 tbsp toasted sesame seeds
- Salt



Directions

Bring a large saucepan of water with a steamer basket to a boil. Put the snow peas in the basket, cover and cook for 2 minutes. Remove the basket and transfer the snow peas to a bowl of ice water to cool. Drain and pat dry.

Add the shrimp directly to the saucepan of water and return to a boil; cook for 2 minutes. Drain, then plunge the shrimp into a bowl of ice water to cool. Drain and pat dry.

Slice each shrimp in half lengthwise. Cut the snow peas diagonally into 1/2-inch pieces, discarding the ends. In a large bowl, toss the shrimp, snow peas, radishes and scallions.

In a small bowl, whisk the vinegar, both oils, the ginger and 1/2 teaspoon salt. Toss with the salad right before serving; top with sesame seeds.