

Rosemary Grilled shrimps on Summer Vegetables

Serves 4

Ingredients:

Jumbo shrimp, peeled	12
Olive oil	2 TBSP
Large clove garlic	2
Salt and pepper	TT
Fresh rosemary leaves	4 sprigs
Green beans	2 handfuls
Baby arugula	3 large handfuls

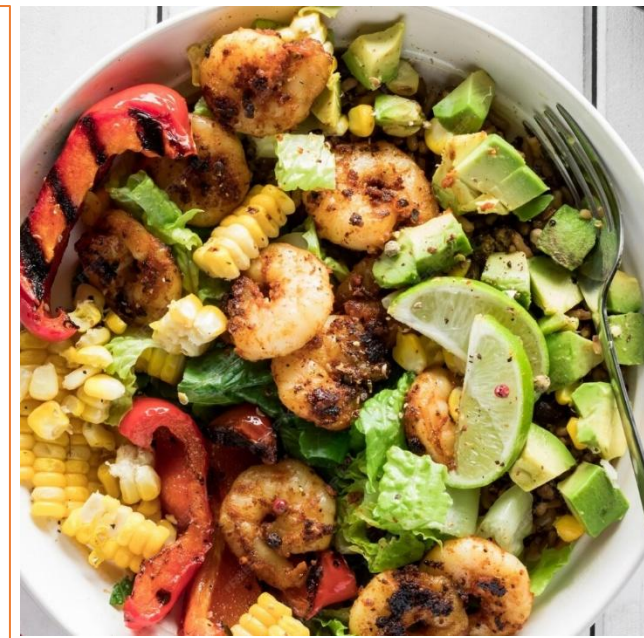
Served with cheese buns

Method:

1. Mix olive oil, salt and pepper, garlic in a bowl, toss in shrimp to marinate while preparing the vegetables.
2. Boil water to cook the green beans, about 6-7 minutes, drain and place them in ice cold water to stop the cooking.
3. Grill shrimps on hot skillet or BBQ for about 2 minutes per side. Put rosemary leaves in and toss with the shrimps, squeeze in lemon juice. Remove from the skillet and keep warm
4. Mix the Summer vegetables together including the cooked green beans, top with avocado slices.
5. Drizzle the vegetables with balsamic vinegar and olive oil mixture and top with grilled shrimps.
6. Serve with cheese buns

Summer vegetables:

Cucumbers, sliced	4 small
Tomatoes	4 large
Avocado	1
Lemon	½
Balsamic vinegar	
Olive oil	



Low in calories but bursting with flavours, a light lunch or dinner with cheddar cheese rolls.