



Shrimp Taco Lettuce Wraps

with Smoky Chipotle Beans, Charred Fajita Veggies, and Garlic-Lime Crema

Tender Boston lettuce makes for the perfect low-carb vehicle for tacos. A touch of chipotle powder adds spice and distinct smokiness to the equation. If heat isn't your thing, a cool garlic-lime crema and creamy avocado are there to cool things off.



Prep
30 min



level 1



make me
first



spicy



gluten
free



Shrimp



Cannellini Beans



Boston Lettuce



Sour Cream



Lime



Garlic



Chipotle
Powder



Yellow Onion




Green Bell Pepper



Avocado

Ingredients

		2 People	4 People
Shrimp	1)	1 pkg (285 g)	2 pkg (570 g)
Cannellini Beans		1 can	2 cans
Boston Lettuce		1 head	2 heads
Sour Cream	2)	1 pkg (3 tbsp)	2 pkg (6 tbsp)
Lime		1	2
Garlic		2 cloves	4 cloves
Chipotle Powder 		½ pkg (½ tsp)	1 pkg (1 tsp)
Onion, finely chopped		1 pkg (113 g)	2 pkg (227 g)
Green Bell Pepper, sliced		1 pkg (185 g)	2 pkg (370 g)
Avocado		1	2
Olive or Canola Oil*			

*Not Included

Allergens

1) Seafood/Fruits de mer

2) Milk/Lait

Tools

Strainer, Zester, Small Bowl, Large Pan

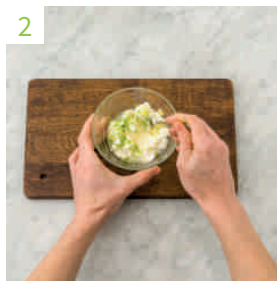
Nutrition per person Calories: 516 cal | Fat: 19 g | Sat. Fat: 4 g | Protein: 38 g | Carbs: 46 g | Sugar: 6 g | Sodium: 1192 mg | Fiber: 21 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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2



1 Prep: Wash and dry all whole produce. Drain and rinse the **beans** under running water. Mince or grate the **garlic**. Zest, then juice the **lime(s)**. Separate the **Boston lettuce** into individual lettuce leaves.

2 Make the garlic-lime crema: In a small bowl, combine the **sour cream**, **lime zest**, **half the lime juice**, and **half the garlic**. Season with **salt** and **pepper**.

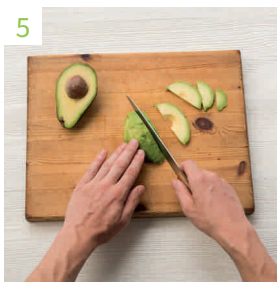
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3 Cook the filling: Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **diced onion** and **peppers**. Cook, stirring occasionally, until softened and lightly charred, 4-5 min. Add the **shrimp**, **remaining garlic** and as much **chipotle powder** as you dare (be careful, it's spicy!) Cook, stirring often, until the shrimp are opaque, 1-2 min. Season with **salt** and **pepper**.

4 Remove the pan from the heat, then stir in the **beans** and **remaining lime juice**. Set aside.

5



5 Halve, pit, and thinly slice the **avocado**.

6 Finish and serve: Fill each **lettuce cup** with **shrimp**, **beans** and **avocado**. Add a dollop of the **garlic-lime crema**. Enjoy!

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