



TABLE & TWINE



# CARIBBEAN SHRIMP BOWL



Shrimp



Mango Salsa



Brown Rice



Black Beans & Peppers



Avocado Cream



Contains Dairy

Pineapple Glaze



## STEP 1

Preheat a sauté pan over medium heat. When the pan is warm, add 1-2 tablespoons of your preferred cooking oil. Add shrimp to your hot sauté pan. Cook shrimp for approx. 1-2 minutes per side. Add pineapple glaze to the pan and toss. Let simmer for an additional 1-2 minutes or until shrimp reaches an internal temperature of 145°F.

## STEP 2

Transfer rice to a microwave safe dish and microwave for 3-4 minutes, stirring occasionally until heated through,

## STEP 3

Transfer black beans and peppers to a microwave safe dish and microwave for 3-4 minutes, stirring occasionally until heated through,

## STEP 4

Plate your brown rice, black beans & peppers, and shrimp. Top with mango salsa and avocado cream.