

Grocery and equipment list:

Kale Quinoa Bowl with Honey Lime Shrimp and Spicy Mayo

KALE QUINOA BOWL WITH HONEY LIME SHRIMP AND SPICY MAYO – serves 4

Fridge:

½ mayo of your choice
 1 bunch curly kale
 1 fresh lemon
 1 fresh lime
 1 pound large raw shrimp, deveined, tail and shell off (if you buy shrimp at the fish store, you can take the shell off yourself)
OR 1 pound cod or rainbow trout
 Sambal Oelek (garlic chili sauce)

Pantry:

½ cup slivered almonds (or pumpkin seeds if you have a nut allergy)
 2 shallots
 Cayenne
 Dry quinoa
 Fresh ginger
 Freshly ground black pepper
 Garlic
 Honey
 Jarred sun-dried tomatoes in oil
 Kosher salt
 Olive oil
 Unsalted butter



Equipment:

4 serving bowls
 Citrus zester (or microplane)
 Cutting board
 Fork
 Knife
 Large skillet
 Liquid and dry measure
 Medium bowl
 Medium saucepan with a lid
 Oven
 Oven mitts
 Paper towel
 Plate
 Salad spinner
 Small bowl
 Small skillet
 Spatula
 Tinfoil
 Trivet
 Whisk