

# Shrimp Tacos with Mango Slaw



*These tacos offer the perfect balance of flavor in every bite. Our tangy and vibrant slaw pairs perfectly with the taco spiced, juicy shrimp for a light meal.*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
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## INGREDIENTS

*For the Shrimp:*

1 ½ lb.	Shrimp (16/20 or 21/30), peeled and deveined
1 Tbsp + 1 tsp	Salt-Free Taco Seasoning (see separate recipe)
1/8 tsp	Kosher Salt
1 tsp	Olive Oil

*To Assemble the Tacos:*

12 each	Corn Tortillas (see chef's notes)
1 recipe	Cilantro Lime Avocado Crema (see separate recipe)
1 recipe	Mango Red Cabbage Slaw (see separate recipe)

## CHEF'S NOTES

Corn tortillas are a favorite at GCCM because they are a whole grain and last forever in the refrigerator! They need to be heated just before eating which can be done a few different ways:

- Place the tortilla directly over the burner of a gas stove, over low-medium heat, using tongs to flip until just charred on the edges
- Heat a nonstick pan over high heat and heat until soft and pliable
- Wrap in foil and heat in the oven (375°) for about 5-7 minutes
- Wrap in a paper towel and microwave in 30 second intervals

## DIRECTIONS

1. Gather all necessary ingredients. Prepare all ingredients as described above.
2. Place the peeled and deveined shrimp in a medium mixing bowl and pat them dry with a paper towel. Add the taco seasoning and salt and using tongs, turn to coat evenly.
3. Heat a large nonstick sauté pan over medium-high heat. Once the pan is hot, add the oil and swirl to evenly coat the bottom of the pan.
4. Place the shrimp in the pan and quickly spread into an even layer, avoiding overlap. Cook undisturbed, until lightly browned and starting to curl, about 1-2 minutes. Flip the shrimp to finish cooking on the other side, about 1-2 more minutes. Remove the cooked shrimp to a clean plate and set aside.
7. To assemble tacos, spread about 1 Tbsp of avocado crema on each corn tortilla. Place about 3-4 shrimp and 2 Tbsp of slaw on top. Enjoy!

# Nutrition Facts

6 servings per container

**Serving size** 2 tacos (264g)

**Amount Per Serving**

**Calories** 300

**% Daily Value\***

**Total Fat** 8g 10%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 180mg 60%

**Sodium** 330mg 14%

**Total Carbohydrate** 32g 12%

Dietary Fiber 6g 21%

Total Sugars 7g

Includes <1g Added Sugars 1%

**Protein** 28g 56%

Vitamin D 0mcg 0%

Calcium 120mg 10%

Iron 1.3mg 8%

Potassium 690mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, SHRIMP

