

Core Cooking with Mandie Shockley

Poached Shrimp



INGREDIENTS

Serves 2

8-16 ounces wild caught raw shrimp

1 Organic Lemon

Pink Himalayan salt and cracked black pepper

INSTRUCTIONS

Bring water to a boil in a small saucepan. Add shrimp and cook a few minutes until shrimp is done (will turn pinkish white). Remove from water and sprinkle with Himalayan salt, pepper and lemon juice. Tastes great on a mixed green salad. Enjoy!