



# Shrimp Salad



prep time  
20 minutes



total time  
22 minutes



servings  
2

## Ingredients

- 4 quarts water
- 1 lemon
- 10 black peppercorns
- 1 bay leaf
- 2 pounds/900 grams shrimp, shell-on  
~ 24 servings protein
- ½ cup mayo ~ 8 servings of fat
- ½ cup celery, diced
- ¼ cup red onion, diced
- 2 tablespoon dijon mustard
- 2 tablespoon lemon juice
- 2 tablespoon fresh dill, finely chopped  
(or 2 tsp dry)
- 1 teaspoon salt
- ½ teaspoon celery seed
- ¼ teaspoon ground pepper

## Instructions

- 1 Add water to a large pot over high heat. Juice the lemon and add the juice plus the lemon wedges, peppercorns, and the bay leaf to the water and bring to a boil.
- 2 Prep a large bowl with ice to cool the shrimp after cooking.
- 3 Reduce the heat to a simmer and add the shrimp. Simmer for 2 minutes.
- 4 Drain the shrimp and cool them covered with ice in a large bowl.
- 5 Once cooled, peel the shrimp by removing the legs, then peeling the shell off and removing the tail. Using a small paring knife, make a small cut alongside the back of the shrimp and devein if needed.
- 6 In a large bowl, add the remaining ingredients and whisk to combine.
- 7 Add the shrimp to the mayo mix and stir to coat the shrimp.
- 8 Serve and enjoy! Chill the shrimp salad in the fridge or serve immediately and enjoy.



## Whole Recipe Breakdown:

Protein: ~24 servings  
(slightly less since weight of shrimp includes the shell)

Carb: 0 servings

Fat: 8 servings

Veggies: 0 servings

# simple side dish

