

# Low FODMAP Shrimp and Black Rice Summer Salad

Enjoy fabulous flavor and a gorgeous color in this light, balanced, nutrient-rich, low FODMAP entrée!



## INGREDIENTS

### Shrimp

1 pound of peeled, deveined/thawed shrimp

Drizzle of olive oil

1 tsp paprika

½ tsp ground cumin

### Roast Vegetables

280g (4 medium) carrots

100g (1 medium) parsnip

1 large red bell pepper

Drizzle of olive oil

### Dressing for Roast Vegetables

1 large orange (4 tbsp of freshly squeezed orange juice)

1 tsp cumin seeds

2 tsp garlic infused oil

2 tsp crushed ginger

1 tbsp maple syrup

### Brown Rice Salad

1.5 cups black rice, (forbidden rice)

1.5 tbsp red wine vinegar

½ tbsp maple syrup

1 tbsp of olive oil

1/2 cup chopped spring onion  
(green tips only)

1 cup fresh cilantro

1 cup baby spinach

## INSTRUCTIONS

1. Preheat the oven to 400°F. Line 2 roasting trays with baking paper. Place the Shrimp on one of the roasting trays and sprinkle evenly with cumin and paprika. Season with a few grinds of salt and pepper. Place to the side until the veggies are in the oven.
2. Prepare the roast vegetables by peeling the carrots and parsnip. Cut the carrots and parsnip into sticks. Deseed and cut the red bell pepper into chunks. Place the vegetables in the roasting tray. Juice the orange. Then make the roast vegetable dressing by mixing together the freshly squeezed orange juice, cumin seeds, garlic infused oil, crushed ginger and maple syrup. Spoon half of the dressing over the vegetables.
3. Place the roast vegetables in the other roasting tray and roast for 35-45 minutes or until parsnips and carrots are tender. Turn the vegetables after they have been cooking for 20 minutes. When tender, pour the remaining dressing over the roast vegetables.
4. Once the vegetables are in the oven, place the brown rice on to cook according to the container directions. Once cooked, rinse the brown rice under warm water using a sieve, then drain.
5. After the vegetables have been cooking for 30 minutes or so, put the tray with the shrimp in the oven for 6-8 minutes.
6. Roughly chop the fresh cilantro and finely chop the green tips of the spring onion.
7. Mix the maple syrup, red wine vinegar and olive oil together in a large bowl. Then add the cooked rice, fresh cilantro (coriander), green spring onion tips, spinach, shrimp, and roast vegetables. Toss to combine in a large serving bowl.
8. Divide among bowls and enjoy! This dish is best served warm.

