

## Shrimp and Avocado Bowls with Mango Salsa & Lime-Chili Sauce

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**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

For the Bowls:

1 lb large shrimp, peeled and deveined

1-2 ripe avocados, sliced

1 large ripe mango, diced

2 cups cooked rice or quinoa

Fresh cilantro, chopped (for garnish)

Lime wedges (for serving)

For the Lime-Chili Sauce:

... cup plain Greek yogurt

1 tbsp mayonnaise (optional for extra creaminess)

1 tsp chili powder

Zest and juice of 1 lime

1 tsp honey or agave

Salt and pepper, to taste

For the Mango Salsa:

1 mango, diced

... cup diced red onion

1 small jalapeño, finely chopped (optional)

Juice of 1 lime

1-2 tbsp chopped fresh cilantro

Salt, to taste

### DIRECTIONS

1. Make the Mango Salsa: In a medium bowl, combine diced mango, red onion, jalapeño (if using), lime juice, cilantro, and a pinch of salt.
2. Mix well and chill in the fridge while prepping the rest.
3. Mix the Lime-Chili Sauce: In a small bowl, whisk together the Greek yogurt, mayonnaise, chili powder, lime zest and juice, honey, salt, and pepper.
4. Taste and adjust seasoning. Set aside.
5. Cook the Shrimp: Pat shrimp dry and season with chili powder, garlic powder, salt, and pepper.
6. Heat a grill pan or skillet over medium-high heat with a drizzle of olive oil.
7. Cook shrimp for 2-3 minutes per side, until pink and slightly charred. Remove from heat.
8. Assemble the Bowls: Divide cooked rice or quinoa among 4 bowls.
9. Top each bowl with grilled shrimp, sliced avocado, and a generous spoonful of mango salsa.
10. Finish and Serve: Drizzle with lime-chili sauce.
11. Garnish with fresh cilantro and serve with lime wedges.
12. Enjoy immediately!

### SWAPS & NOTES

The shrimp bring smoky-charred flavor, the mango salsa adds

juicy brightness, and the lime-chili sauce ties everything together like a dream.

Shrimp Alternative: Try grilled chicken, tofu, or salmon.

Spice Level: Adjust jalapeño and chili powder to suit your heat

preference.

Dairy-Free: Skip mayo and use a dairy-free yogurt for the sauce.  
? Recipe Timing Prep Time: 15 minutes Cook Time: 10 minutes  
Total Time: 25 minutes Servings: 4 Calories: ~400-450 kcal per  
serving ??? Step-by-Step Instructions 1.

## TIPS FOR SUCCESS

Use ripe mango and avocado for maximum creaminess and flavor.

Don't overcook the shrimp -they should be tender, not rubbery.

Make it ahead: Store the components separately for meal prep and assemble before eating. ?

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/shrimp-and-avocado-bowls-with-mango-salsa-lime-chili-sauce/>