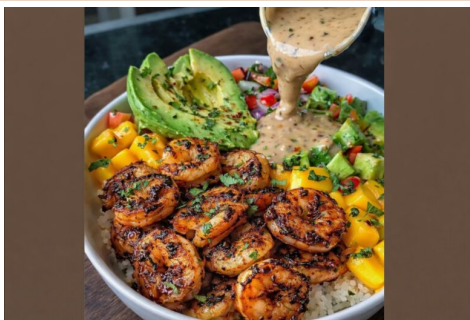


Easy 30-Minute Mediterranean Shrimp Bowls with Lime-Chili Sauce

Mediterranean Shrimp and Avocado Bowls: A Tropical Twist on Fresh Comfort



TIME
30 min

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INGREDIENTS

1 lb large shrimp: Peeled and deveined (tail-on looks great for photos!).

1 tbsp olive oil: For a high-heat sear.

Spices: A blend of garlic powder, onion powder, salt, and black pepper.

1 ripe mango: Diced into small cubes.

... cup red onion: Finely chopped for a bit of bite.

1 jalapeño: Minced (remove seeds for less heat).

Fresh Cilantro: Roughly chopped.

Lime Juice & Seasoning: To brighten the flavors.

... cup mayonnaise: Provides the creamy base.

2 tbsp sriracha: Adjust this based on your spice tolerance.

Lime Juice & Spices: Garlic powder and onion powder to round out the profile.

2 cups cooked rice: White, brown, or jasmine.

1 large avocado: Perfectly ripe and sliced.

Garnish: Extra cilantro and lime wedges.

Swaps and Notes:

The Grain: While rice is classic, you can swap it for quinoa or farro. For those looking for a lower-carb option, cauliflower rice works beautifully.

The Protein: If shrimp isn't your favorite, this seasoning blend works perfectly on grilled chicken or even a flaky white fish like cod.

The Mayo: If you prefer to avoid mayonnaise, Greek

yogurt is a fantastic, protein-packed substitute for the Lime-Chili Sauce. It offers a similar tang to what you'd find in a light tangy chicken salad i actually crave and theres no mayo in sight.

Step-by-Step Instructions:

Sizzle the Shrimp: Pat your shrimp dry with a paper towel-this is the secret to a good sear. Toss them in a bowl with olive oil and your spice blend. Heat a skillet over medium-high heat and cook the shrimp for 2-3 minutes per side. They should be opaque and slightly charred.

Toss the Salsa: In a small glass bowl, combine your diced mango, red onion, jalapeño, and cilantro. Squeeze the lime juice over the top and season with salt. Let this sit for at least 10 minutes; the salt draws out the juices from the mango to create its own dressing.

Whisk the Sauce: In a separate ramekin, whisk together the mayo, sriracha, lime juice, and spices. If it's too thick, add a teaspoon of water until it reaches a "drizzle-able" consistency.

The Assembly: Lay down a generous bed of rice. On one side, pile the warm shrimp. On the other, fan out your avocado slices and a big scoop of mango salsa.

The Finishing Touch: Drizzle that Lime-Chili sauce over everything. Garnish with fresh cilantro and a final squeeze of lime.

Tips for Success:

Don't Overcook: Shrimp cook incredibly fast. Once they form a "C" shape, they are done. If they curl into an "O," they may be overcooked and rubbery.

Mango Ripeness: Look for a mango that gives slightly when pressed (like a peach). If it's too hard, it won't have that signature sweetness to balance the chili sauce.

Prep Ahead: You can make the salsa and the sauce up to 24 hours in advance. In fact, the flavors in the salsa actually improve after a few hours in the fridge!

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 540 kcal

Protein: 28g

Carbohydrates: 52g

Fat: 26g

Fiber: 9g

DIRECTIONS

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9. **Serving Suggestions and Pairings:** These bowls are a full meal on their own, but if you're hosting a dinner party, I highly recommend starting with a light appetizer. While this instant pot lasagna is my favorite way to make comfort food fast, it's a bit heavy for this menu. Instead, keep the theme light and tropical.
10. **Drink :** **Pairings:** To complement the lime and mango, serve a classic margarita recipe easy and delicious or, for a non-alcoholic option, this blueberry lemonade is my favorite refreshing drink for sunny days.
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16. **Storage and Leftover Tips:** These bowls are best enjoyed fresh because of the avocado and mango salsa. however, if you have leftovers:
17. **Store :** **Separately:** Keep the shrimp and rice in one container (to be reheated) and the salsa and sauce in others (to stay cold).
18. **Shrimp:** Reheat shrimp gently in a pan over low heat with a splash of water to prevent them from becoming tough.
19. **Avocado:** To keep leftover avocado from browning, leave the pit in and wrap it tightly in plastic wrap, or wait to slice the avocado until you are ready to eat.
20. **Final Thoughts:** This Mediterranean Shrimp and Avocado Bowl is a testament to the fact that healthy eating doesn't have to be boring. It's colorful, texture-rich, and hits every flavor note from spicy to sweet.
21. We would love to hear how yours turned out! Did you add extra jalapeño for more heat, or perhaps swap the rice for a different grain? Leave a comment below and let us know! Be sure to follow [Chefmaniac](#) for more recipes that make home cooking feel like a five-star experience.

SWAPS & NOTES

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For those looking for a lower-carb option, cauliflower rice

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The Protein: If shrimp isn't your favorite, this seasoning blend works perfectly on grilled chicken or even a flaky white fish like cod.

The Mayo: If you prefer to avoid mayonnaise, Greek yogurt is a fantastic, protein-packed substitute for the Lime-Chili Sauce.

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

Original recipe: <https://chefmaniac.com/easy-30-minute-mediterranean-shrimp-bowls-with-lime-chili-sauce/>