

## Sweet, Spicy, and So Fresh-Why I'm Obsessed with These Tropical Shrimp Bowls

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



**TIME**  
**20 mins**

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### INGREDIENTS

You'll Need (Serves 4 | Prep Time: 20 mins | Cook Time: 6 mins)

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 (your choice) 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 diced mango ... cup diced red onion 1 small jalapeño, finely chopped (optional for heat) Juice of 1 lime 1-2 tbsp chopped fresh cilantro Salt, to taste How I Make It (:

### DIRECTIONS

1. Step-by-: Step)
2. Mix the : Mango Salsa
3. I start by combining the diced mango, red onion, jalapeño (if using), lime juice, chopped cilantro, and a pinch of salt in a bowl. I toss it gently and pop it in the fridge while I prep everything else. The chill time helps the flavors meld.
4. Whisk the : Lime-Chili Sauce
5. In a small bowl, I whisk together the : Greek yogurt, mayo (if using), chili powder, lime zest, lime juice, and honey. I season it with salt and pepper, then set it aside. It should be creamy but pourable-perfect for drizzling.
6. This sauce is amazing on tacos, grilled veggies, and even roasted potatoes-make a little extra.
7. Season and : Cook the Shrimp
8. I pat the shrimp dry with paper towels, then season them with chili powder, garlic powder, salt, and pepper. In a hot grill pan or skillet with a drizzle of olive oil, I sear the shrimp for about 2-3 minutes per side until pink, curled, and lightly charred.
9. They cook fast, so I don't walk away-once they're done, I set them aside.
10. Assemble the : Bowls
11. In each bowl, I layer:
12. A scoop of rice or quinoa
13. A few grilled shrimp
14. Slices of creamy avocado
15. A generous spoonful of mango salsa

16. Then I drizzle that lime-chili sauce all over the top.
17. Finish and : Serve
18. A sprinkle of chopped cilantro and a lime wedge on the side finish things off. I usually squeeze extra lime juice over everything right before serving-it makes all the flavors pop.
19. What to : Serve with These Bowls
20. Honestly, they're pretty complete on their own. But if I want to round out the meal:
21. Tortilla chips or plantain chips
22. on the side
23. A simple cucumber salad
24. with mint and lime
25. Fresh fruit or a light sorbet

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