



INTRODUCTION

The shrimp veggie bowl is nutritious with avocado, cucumber, fried shrimp and delicious rice to accompany you on your next camping trip with your partner.

I love to cook shrimp. It makes a simple recipe and is super easy and quick when camping. Shrimp is high in protein and adds extra colour to a green dish with avocado and cucumber. Avocado adds a nice creamy texture while the pumpkin seeds add a nice crunch.

Tip #1: You can make guacamole with the avocados if you prefer. The dill intensifies the delicious flavour when added to the bowl.

Tip #2: The recipe can easily be adjusted to add more people. If you don't like certain ingredients in the recipe, feel free to exchange them for items you enjoy eating. If you want to change up the grains, I sometimes exchange the rice for couscous or quinoa.

When on your next [Jasper Hikes: Best Memories](#) trip, this recipe would be perfect to make after spending a gorgeous day in the mountains. You'll discover a lot of the area by hiking in the region. Some hikes are easy while others are a bit more difficult. There are a variety of hikes depending on your skill level and how far you'd like to explore.

If you're kayaking at [Lake Isle Kayaking Adventures: Four Directions to Consider When Kayaking](#), this could also be a great recipe to make at home after a wonderful day on the water.



SHRIMP VEGGIE BOWL



TIME REQUIRED:
30 MINUTES



SERVINGS:
2

INGREDIENTS

- ✦ 1 cup of rice (1/2 cup/person)
- ✦ 12 shrimp (6/person)
 - ✦ A sprinkle of garlic
 - ✦ A sprinkle of pepper
 - ✦ A sprinkle of paprika
 - ✦ A sprinkle of Italian seasoning
- ✦ A handful of pumpkin seeds
- ✦ A sprinkle of dill
- ✦ 2 mini cucumbers (1/person)
- ✦ 2 avocados
- ✦ 1 green pepper

DIRECTIONS

1. Cook one cup of rice in two cups of water. Bring the water to a boil and let it cook for about fifteen minutes. Check the rice to ensure it's cooked before removing it from the stove. Serve the rice in two bowls.
2. Fry twelve shrimp in olive oil in a frying pan on medium heat for two to three minutes per side. Flip over halfway through.
3. Sprinkle with pepper, paprika, garlic and Italian seasoning to add flavour.
4. Add the cut-up green peppers (you can add additional colours if you'd like) and fry them up for a few minutes. I like to have them be a bit crunchy when they are done cooking.
5. Once cooked, add six shrimp each to each bowl and spread the peppers between the bowls.
6. Add a handful of pumpkin seeds to each bowl for protein.
7. Cut up fresh dill (if you have it) or dry dill works too and sprinkle it on the meal for extra flavour.
8. Cut up the mini cucumbers and place them into bowls.
9. Cut up the avocados into squares. Use one avocado per person.