HARVEST of the SEA®

MENU CONCEPT

Tempura Shrimp Lettuce Wrap with Artichoke Hummus

INGREDIENTS:

1 Bottle Olive Oil Extra Virgin
Sea Salt
Black Pepper
6oz. Artichoke Hearts quartered
1/3 cup Sour Cream
1/2 cup Great Northern Beans canned
1 Lemon
1 bunch Italian Parsley
1 head of Romaine Lettuce
Fresh chives for garnish

PREPARATION:

Preheat oven to 400 degrees take a cookie sheet and line with aluminum foil. Place tempura shrimp on the foil and baked for approximately 8-10 minutes. Flip shrimp one time to ensure the shrimp are golden brown all around.

In food processor combine, drained artichoke hearts,drained beans, 1 TBS Extra Virgin Olive Oil, & sour cream. Process until smooth. Cut Lemon in half and add fresh lemon juice, Salt & Pepper to taste. Use remaining lemon for garnish

Next finely chop parsley fold 1 TBS of the parsley into the artichoke mixture.

Wash & Cut Romaine Lettuce leaves to fit the size of the Tempura Shrimp.

To Plate:
Place romaine lettuce pieces down first add Tempura shrimp and a spoonful of the Artichoke Hummus on top. Garnish with Chive and lemon wedges.

Cost Per Serving: $0.00
Suggested Sell: $0.00
Profit Per Order: $0.00
Margin: 0.00%

For more information about Harvest of the Sea, please visit **www.harvestsea.com** or contact your Harvest Sea representative.

Recipe Image 1:

Recipe Image 2:

Recipe Image 3:

Recipe Image 4: Plating Architecture

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