

## Your **Herbalife** Fishy Friday Meal - **Shrimp with Tarragon & Yoghurt Sauce**



**KELLY**

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Have your Herbalife Shake for breakfast & lunch & enjoy this delicious **Shrimp with Tarragon and Yoghurt Sauce** for supper.



**This shrimp with tarragon and yogurt sauce is dangerously addictive – BEWARE!**

### **Ingredients**

450g shrimp, peeled and deveined (leave the tails on or not, as you wish)  
2 Tbsp unsalted butter, melted  
2 Tbsp non-fat plain yogurt  
4 cloves garlic, minced  
2 Tbsp coarsely chopped fresh tarragon  
2 tsp Dijon mustard  
Few drops of hot sauce & few drops of Worcestershire sauce  
Few drops of red wine vinegar  
1 Tbsp lemon juice  
1-2 Tbsp sour cream

### **Directions**

- Preheat oven to 220C.
- In a small casserole dish, arrange the shrimp in a single layer.
- In a small mixing bowl, whisk together the remaining ingredients, and pour over the shrimp.
- Bake at 220C for 10-11 minutes, until the shrimp are pink and curled but not rubbery.

Serve immediately, with steamed veggies or a crunchy salad.

**ENJOY!**