Plate Dream

Creamy Cucumber Shrimp Salad – Quick & Easy

Refreshing cucumber and shrimp tossed in a silky herb dressing, perfect for a quick lunch or dinner.

15 min	20 min	35 min	4	Easy	Mediterranean
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 English cucumbers, thinly sliced
- [ ] 1/2 cup plain Greek yogurt
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] 1/4 cup crumbled feta
- [ ] 1 small red onion, thinly sliced
- [ ] A handful of baby spinach leaves

Instructions

1. Pat the shrimp dry, season lightly with salt and pepper.
2. Heat a skillet over medium-high heat, add a drizzle of oil, and cook shrimp 2-3 minutes per side until pink; set aside to cool.
3. In a bowl, whisk together Greek yogurt, lemon juice, honey, dill, and a pinch of pepper until smooth.
4. Toss the cucumber slices with a little salt, let sit 5 minutes, then pat dry.
5. Combine shrimp, cucumber, and optional add-ins in a large serving bowl; pour the dressing over and gently toss.
6. Chill for 10 minutes, garnish with extra dill, and serve.

Nutrition per serving

260 kcal	30 g	12 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra zest, add a pinch of smoked paprika to the dressing.
- If the salad seems thick, thin with a splash of cold water or extra lemon juice.
- Serve on a bed of mixed greens for added texture.