



SHRIMP BENTO

MAKES 1 SERVING

SHRIMP

FROZEN PRECOOKED, HEATED IN THE PRESSURE
COOKER - 1 MINUTE

KALE PESTO

BRUSSELS SPROUTS

CUT IN HALF, PRESSURE COOKER 2 MINUTES

RAINBOW CARROTS

PRESSURE COOKER 2 MINUTES

SMALL AVOCADO

PACK A KNIFE AND SPOON TO CUT IT OPEN