MEXICAN · LUNCH · DINNER

Aguachile Verde de Camarón (Lime-Cured Prawns)

80 min · Serves 6 · 258 kcal a serve · Video 8:13 · Cocina Con Ilse

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

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About 32 g of protein for around 260 kcal a serve, even with the avocado and a tostada, and rich in selenium, vitamin B12 and vitamin C. The prawns are cured in lime rather than cooked, with cucumber, onion, chilli and coriander.

Diet notes: Low carb (13 g net carbs) but not keto: 3% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

11 · SERVES 6

- [ ] 900 g **raw prawns**, peeled and deveined
- [ ] 1 large **cucumber**, peeled, seeded and sliced into half-moons
- [ ] 1 medium **red onion**, thinly sliced
- [ ] 4 **serrano chillies**
- [ ] about 30 g **coriander** (cilantro)
- [ ] 14 **limes**, juiced (about 240 g)
- [ ] 1 tbsp **salt**
- [ ] ½ tsp **black pepper** (1 tsp pepper and cumin in all)
- [ ] ½ tsp **ground cumin**
- [ ] 2 **avocados**, sliced, to serve (optional)
- [ ] 6 **tostadas** (crisp corn tortillas, about 13 g each), to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Crustacea. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Peel the cucumber, halve it, scoop out the seeds and slice into half-moons. Thinly slice the red onion. 1:03
2. Butterfly the peeled, deveined raw prawns by cutting along the back without going all the way through, and spread them in a shallow dish. 2:59
3. Squeeze the limes. Blend the coriander with the lime juice, salt, pepper and cumin, then add the serranos and blend until smooth. Taste and add more salt or lime as needed. 2:28
4. Scatter the cucumber and onion over the prawns and pour over the green sauce, squeezing in 2–4 more limes if it looks dry. Cover and refrigerate about 1 hour, until the prawns turn pink and opaque. 5:06
5. Top with sliced avocado and serve cold, spooned onto tostadas. 7:01

> **Tip** Serves 6 (our estimate). The prawns are cured in lime, not cooked, so use very fresh prawns and keep it chilled. Use jalapeños for a milder heat.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
258 kcal	32 g	18 g	5.3 g	8.3 g	1,310 mg
1,080 kJ	63% of a day	13 g net · 3.2 g sugars	19% of a day	1.2 g saturated	57% of a day
		7% of a day		11% of a day	

Energy from net carbs 20% · protein 51% · fat 29% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 111% · Vitamin B12 86% · Vitamin C 31% · Vitamin K 29% · Omega-3 27% · Vitamin B6 26% · Zinc 24% · Vitamin E 21% · Magnesium 20% · Folate 20%

Source of (10–19%) Potassium 16% · Calcium 10% · Vitamin A 10%

⚠ One serve has about 57% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Cocina Con Ilse (@CocinaConIlse) on YouTube — youtube.com/watch?v=kNrEecsY3dY, published 5 May 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/aguachile-verde-de-camaron