MEXICAN · DINNER

Shrimp Fajitas with Homemade Fajita Seasoning

30 min · Serves 4 · 299 kcal a serve · Video 7:18 · Downshiftology

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

34 g protein, 7 g net carbs and about 450 mg sodium a serve before tortillas: shrimp and peppers with a homemade spice mix that uses only ½ tsp salt for four. No sugar or dairy; add your own wraps.

Diet notes: Low carb (7.1 g net carbs) but not keto: 44% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2 g, 6% of the energy); DASH-friendly (450 mg sodium a serve).

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Ingredients 12 · SERVES 4

- [ ] ½ tbsp **chili powder**
- [ ] ½ tbsp **ground cumin**
- [ ] 1 tsp **garlic powder**
- [ ] ½ tsp **paprika**
- [ ] ½ tsp **dried oregano**
- [ ] ½ tsp **kosher salt**
- [ ] ¼ tsp **ground black pepper**
- [ ] 1½ lb **shrimp**, peeled and deveined
- [ ] ¼ cup extra **virgin olive oil**, divided
- [ ] **Lime juice**: juice of 1 lime (about 2 tbsp), plus wedges to serve
- [ ] 1 medium **yellow onion**, thinly sliced
- [ ] 2 **bell peppers** (any colours), thinly sliced

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

Allergens found in the listed ingredients: Crustacea. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Stir together the chili powder, cumin, garlic powder, paprika, oregano, salt and pepper. 0:30
2. Put the shrimp in a large bowl with 2 tbsp olive oil, the lime juice and the seasoning. Toss to coat and leave 10–15 minutes while you prepare the vegetables. 0:52
3. Halve and thinly slice the onion, and deseed and slice the bell peppers. 1:48
4. Heat a large pan over medium heat with the rest of the oil and sauté the onion and peppers 4–5 minutes, until soft and just starting to colour. Lift them out onto a plate. 2:44
5. Add the shrimp to the same pan (with a splash more oil if it's dry) and cook 2–3 minutes a side, until pink and opaque. 3:02
6. Return the vegetables, stir everything together with the pan juices and squeeze over more lime. Serve in tortillas or lettuce leaves with avocado, salsa and cilantro. 3:39

> **Tip** Leaving the tails on adds flavour and stops the shrimp curling as much; pull them off before eating.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
299 kcal 1,250 kJ	**34** g 68% of a day	**9.7** g 7.1 g net · 4.4 g sugars 4% of a day	**2.6** g 9% of a day	**14** g 2 g saturated 19% of a day	**450** mg 20% of a day

Energy from net carbs 10% · protein 47% · fat 43% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 123% · Vitamin B12 96% · Vitamin C 91% · Vitamin E 34% · Omega-3 34% · Vitamin B6 28% · Zinc 23% · Vitamin A 22%

Source of (10–19%) Magnesium 17% · Folate 16% · Potassium 13% · Iron 11% · Vitamin K 11%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=CcL-Zsruqjo. 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/downshiftology-shrimp-fajitas