NORTH AFRICAN · DINNER

Grilled Shrimp in Roasted Garlic, Cilantro and Lime Sauce

20 min · Serves 6 · 184 kcal a serve · Video 7:37 · The Mediterranean Dish

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

22 g protein and under 3 g net carbs a serve: grilled shrimp tossed straight into a sauce of roasted garlic, cilantro, lime, harissa and olive oil. No sugar, flour or dairy.

Diet notes: Low carb (2.5 g net carbs) but not keto: 47% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.4 g, 7% of the energy).

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Ingredients 8 · SERVES 6

- [ ] 1 small head **garlic**, roasted
- [ ] 1 heaping cup chopped **fresh cilantro** (leaves and tender stems)
- [ ] 1 **lime**, juiced
- [ ] 1 tbsp **dry white wine** (optional), or more lime juice
- [ ] 3–4 tbsp extra **virgin olive oil**, plus a little for the shrimp
- [ ] 2 tbsp **harissa** (or another unsweetened chili paste)
- [ ] 1½ lb large **shrimp**, peeled and deveined
- [ ] **Salt**: kosher salt and black pepper, to taste

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

Allergens found in the listed ingredients: Crustacea, Sulphites. 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. Wrap the head of garlic in foil and roast at 400°F for 10–15 minutes, until soft and sweet. Let it cool. 0:33
2. Chop the cilantro with its tender stems and put it in a bowl with the lime juice, wine (or more lime), harissa and 3–4 tbsp olive oil. If you're unsure about the heat, start with 1 tbsp harissa. 0:52
3. Squeeze the roasted garlic out of its skins, chop it roughly and stir it into the sauce. 2:47
4. Heat a lightly oiled griddle, grill or cast-iron pan over medium-high. Toss the shrimp with a little olive oil and season with salt and pepper. 3:56
5. Cook the shrimp in batches about 2 minutes a side, just until pink and opaque, and drop each batch straight into the sauce so it soaks up the flavour as it stops cooking. 4:40
6. Toss well and serve as a starter or main, or over pasta or rice. 6:09

> **Tip** Pull the shrimp the moment they turn opaque pink; a minute more and they go rubbery.

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
184 kcal	22 g	2.9 g	0.3 g	9.5 g	530 mg
770 kJ	45% of a day	2.5 g net · 0.4 g sugars	1% of a day	1.4 g saturated	23% of a day
		1% of a day		12% of a day	

Energy from net carbs 5% · protein 48% · fat 47% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 83% · Vitamin B12 64% · Omega-3 21%

Source of (10–19%) Vitamin E 17% · Zinc 14% · Vitamin B6 13% · Vitamin K 12%

Recipe and video: The Mediterranean Dish on YouTube — youtube.com/watch?v=kjopnEa4At4. 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/tmd-cilantro-lime-harissa-shrimp