MEXICAN · LUNCH · DINNER

Camarones a la Diabla (Mexican Prawns in Fiery Chilli Sauce)

Camarones a la diabla

45 min · Serves 7 · 263 kcal a serve · Video 6:39 in Spanish · El sabor latino

Pescatarian · Gluten-free ingredients · No nuts listed

37 g protein and 12 g net carbs a serve from prawns simmered in a sauce of dried chillies, tomato and fresh orange juice, with only 2 tbsp butter for the whole pan. Rich in selenium and vitamin B12.

Diet notes: Low saturated fat (2.5 g, 9% of the energy); Paleo with a swap: ghee instead of the unsalted butter, olive, avocado or coconut oil instead of the vegetable oil.

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Ingredients 20 · SERVES 7

- [ ] 3 lb **raw shell-on prawns**, peeled and deveined (keep the shells)
- [ ] 2–3 tsp **vegetable oil**, for the chillies
- [ ] 4 **guajillo chillies**, stemmed, seeded and torn
- [ ] 3 **puya chillies**, stemmed
- [ ] 9–10 **chiles de árbol**
- [ ] ¼ **white onion**, in pieces (for the sauce)
- [ ] 2 **garlic** cloves
- [ ] 9 **allspice berries**
- [ ] 2 **whole cloves**
- [ ] 1 **tomato**, quartered
- [ ] 2 cups **fresh orange juice**
- [ ] 1 cup **water**
- [ ] ½ tsp **salt**, plus more to taste
- [ ] a pinch of **ground cumin**
- [ ] a pinch of **dried oregano**
- [ ] 1 can (7 oz) **chipotle chillies** in adobo
- [ ] about 5 g **salt**, already in the canned chipotles
- [ ] a splash of **vegetable oil**, for the prawns
- [ ] 2 tbsp **unsalted butter**
- [ ] ¼ **white onion**, 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, Milk. 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. Peel the prawns, keeping the shells for the sauce. Cut down the back of each one and pull out the dark vein, then rinse well. 0:22
2. Heat 2–3 tsp oil in a frying pan over medium heat and fry the guajillo, puya and árbol chillies for about 2 minutes, until toasted but not burnt. Lift them out. 1:09
3. In the same oil, fry the onion pieces and garlic for 2 minutes, add the allspice and cloves, then the tomato, and fry 2 minutes more. 2:01
4. Return the chillies, pour in the orange juice and water, add the prawn shells and simmer 3–5 minutes so the chillies soften. Turn off the heat and cool a little. 2:47
5. Blend the chillies, shells and all the liquid with ½ tsp salt, the cumin and oregano for about 3 minutes, then add the can of chipotles and blend 2 minutes more. 3:30
6. Melt the butter with a splash of oil in a wide pan over medium heat, fry the sliced onion for 2 minutes, then add the prawns and cook 2–3 minutes until they turn pink. 4:32
7. Pour the sauce through a sieve onto the prawns, pressing it through and throwing away the solids. Cover and simmer 3 minutes, taste for salt and serve. 5:07

> **Tip** Makes 6–8 serves (the cook's yield). It is very hot: use fewer chiles de árbol to tame it. Usually eaten with rice; a salad keeps it lighter. Its 8 g sugars a serve come mostly from the orange juice.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 7 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
263 kcal 1,100 kJ	**37** g 74% of a day	**15** g 12 g net · 7.9 g sugars 5% of a day	**2.8** g 10% of a day	**7.1** g 2.5 g saturated 9% of a day	**610** mg 27% of a day

Energy from net carbs 18% · protein 57% · fat 25% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 132% · Vitamin B12 104% · Vitamin C 79% · Omega-3 44% · Vitamin B6 38% · Vitamin E 24% · Zinc 23% · Vitamin A 23%

Source of (10–19%) Magnesium 19% · Potassium 17% · Folate 16% · Calcium 10% · Iron 10%

Recipe and video: El sabor latino (@Elsaborlatino1) on YouTube — youtube.com/watch?v=KOb6mdYW-qY, published 25 February 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/camarones-a-la-diabla