MEXICAN · DINNER · LUNCH

Creamy Chipotle Prawns with Red Capsicum

30 min | Serves 4 | 428 kcal a serve | Video 6:33 · Downshiftology

Pescatarian | Gluten-free ingredients | No nuts listed

Each serve has about 25 g protein, mostly from the prawns, plus plenty of selenium, and the red capsicum adds over half a day's vitamin C. The sauce is rich with sour cream and mayonnaise, but the dish has only about 8 g net carbs a serve.

Diet notes: Keto (8 g net carbs a serve).

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Ingredients 15 · SERVES 4

- [ ] 55 g **mayonnaise**
- [ ] 230 g **sour cream**
- [ ] 2 **chipotle peppers** in adobo sauce, plus a little of the adobo sauce
- [ ] **Lime juice**: juice of ½ lime (about 1 tbsp)
- [ ] 1 **garlic** clove, for the sauce
- [ ] 3 tbsp **olive oil**, divided
- [ ] 450 g **jumbo prawns** (shrimp), peeled and deveined
- [ ] 1 **red capsicum** (bell pepper), thinly sliced and roughly chopped
- [ ] 3 **green onions**, white and green parts sliced separately
- [ ] 3 **garlic** cloves, minced
- [ ] **salt**, a generous pinch for the sauce plus a sprinkle in the pan
- [ ] **black pepper**, a sprinkle
- [ ] 120 ml **milk** (or unsweetened dairy-free milk)
- [ ] about 1 tbsp chopped **fresh coriander** (cilantro), to serve
- [ ] 1 **jalapeño**, thinly sliced, to serve (optional)

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

Allergens found in the listed ingredients: Crustacea, Egg, 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. Make the chipotle sauce: blend the mayonnaise, sour cream, chipotle peppers with a little adobo, lime juice, 1 garlic clove and a pinch of salt until smooth and pale orange. 1:02
2. Prep everything before you start cooking: slice the capsicum, separate the white and green parts of the green onions, mince 3 garlic cloves and chop the coriander and jalapeño. 2:21
3. Heat 2 tbsp of the olive oil in a large frying pan over medium heat. Cook the prawns in a single layer for 2–3 minutes per side until pink and opaque, then lift them out. 3:47
4. Add the last 1 tbsp oil and the capsicum and cook 4–5 minutes until softening. Add the white parts of the green onion, the garlic, salt and pepper and cook 2 minutes more. 4:22
5. Pour in the chipotle sauce and milk, scraping up the browned bits, and bring to a simmer. Return the prawns just to warm through, adding a splash more milk if you want it thinner. 4:46
6. Take off the heat and top with the green onion tops, coriander and jalapeño. Serve over cauliflower rice or sautéed vegetables. 5:21

> **Tip** Serves 4 (the cook's written recipe). The video serves it on rice; use cauliflower rice or zucchini noodles to keep it keto. For dairy-free, use a cashew sour cream and plant milk. The sauce also keeps a week in the fridge for tacos.

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
428 kcal	25 g	9.5 g	1.5 g	33 g	610 mg
1,790 kJ	50% of a day	8 g net · 6 g sugars	5% of a day	9.7 g saturated	27% of a day
		3% of a day		42% of a day	

Energy from net carbs 7% · protein 23% · fat 70% — fits keto: 8 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Selenium 89% · Omega-3 87% · Vitamin B12 78% · Vitamin C 72% · Vitamin K 50% · Vitamin E 29% · Vitamin A 26% · Vitamin B6 21%

Source of (10–19%) Zinc 18% · Calcium 14% · Folate 14% · Magnesium 13% · Potassium 11%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=JqYUu_Xs_QY, published 19 July 2020. 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/creamy-chipotle-prawns