AMERICAN · LUNCH

# Lemon Dill Shrimp Salad

25 min · Serves 6 · 377 kcal a serve · Video 6:02 · Downshiftology

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

30 g protein and under 2 g net carbs a serve: poached shrimp with celery and red onion in a lemon, dill and Dijon mayonnaise, served in lettuce cups. Paleo with avocado-oil mayonnaise.

**Diet notes:** Keto (1.7 g net carbs a serve); Paleo with a swap: avocado-oil mayonnaise instead of the mayonnaise.

**Scan for the video,** full nutrition and more free recipes

## Ingredients 11 · SERVES 6

- [ ] 900 g **shrimp**, peeled and deveined
- [ ] 2 tbsp finely chopped **red onion**
- [ ] 1 **celery rib**, finely chopped
- [ ] 220 g **mayonnaise**
- [ ] 1 **lemon**, zested and juiced (about 1 tbsp zest and 3 tbsp juice)
- [ ] 2 tbsp chopped **fresh dill**
- [ ] 1 tbsp **Dijon mustard**
- [ ] 1 **garlic** clove, minced
- [ ] ¼ tsp **kosher salt**
- [ ] a pinch of **freshly ground black pepper**
- [ ] **butter lettuce leaves**, 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, Celery, Mustard. 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. Slice the celery lengthwise a few times and then across into a small dice, finely dice about 2 tbsp red onion and chop the dill. Zest and juice the lemon. 0:30
2. Stir together the mayonnaise, 3 tbsp lemon juice, the zest, dill, mustard, garlic, salt and pepper, and chill the dressing while you cook the shrimp. 2:04
3. Bring a large pot of water to a boil, add the shrimp and cook 2–3 minutes, until pink and cooked through. Meanwhile fill a bowl with ice and cold water. 2:50
4. Lift the shrimp into the ice bath for 3–4 minutes until cold, then drain well. 3:58
5. Toss the shrimp, celery and onion with the dressing and serve in lettuce leaves or bowls. 5:05

> **Tip** Smaller shrimp are easier to pile into lettuce cups; large ones suit a bowl.

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 |
|---|---|---|---|---|---|
| 377 kcal | 30 g | 2.2 g | 0.5 g | 28 g | 500 mg |
| 1,580 kJ | 60% of a day | 1.7 g net · 0.8 g sugars | 2% of a day | 4.4 g saturated | 22% of a day |
| | | 1% of a day | | 36% of a day | |

**Energy from** net carbs 2% · protein 32% · fat 66% — fits keto: 1.7 g net carbs, 66% of the energy from fat

**High in** (20%+ of a day) Omega-3 184% · Selenium 112% · Vitamin B12 90% · Vitamin K 59%

**Source of** (10–19%) Zinc 19% · Vitamin E 18% · Vitamin A 14% · Vitamin B6 13% · Magnesium 12% · Folate 11%

**Recipe and video:** Downshiftology on YouTube — youtube.com/watch?v=qB27iqM1nNw. 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-lemon-dill-shrimp-salad