SPANISH · SIDE

Sevillian Spinach with Shrimp

Espinacas con gambas

20 min · Serves 4 · 184 kcal a serve · Video 7:35 · Spain on a Fork

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

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Under 6 g net carbs and 16 g protein a serve, with lots of vitamin K and rich in selenium, vitamin A, folate and vitamin C: seared shrimp folded into spinach cooked down with garlic, smoked paprika and fresh tomato. Paleo as written; too salty for a DASH side.

Diet notes: Low carb (5.2 g net carbs) but not keto: 53% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.5 g, 7% of the energy).

Ingredients

10 · SERVES 4

- [ ] 16 **raw jumbo shrimp**, peeled and deveined
- [ ] 3 tbsp (45 ml) extra **virgin olive oil**
- [ ] 1 small **onion**, finely chopped
- [ ] 6 **garlic** cloves, thinly sliced
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] ¼ tsp **ground cumin**
- [ ] 3 **tomatoes**, finely grated (a generous 150 g)
- [ ] 300 g **fresh spinach**, roughly chopped
- [ ] 60 ml **vegetable broth** (or water)
- [ ] **Salt**: a pinch of sea salt and black pepper, to taste

Amounts in metric 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. Heat the olive oil in a large frying pan over medium heat. Pat the shrimp dry and season one side with a little salt and pepper. 1:35
2. Sear the shrimp in a single layer about 30 seconds a side, just to colour them (they finish cooking later), then set aside. 2:07
3. In the same pan, sauté the onion and garlic 3–4 minutes, stirring, until the onion is translucent. 2:46
4. Stir in the paprika and cumin, then add the grated tomato and simmer 3–4 minutes without stirring, until slightly thick. Chop the spinach meanwhile. 3:17
5. Add the spinach in batches, stirring until it wilts, then season with salt and pepper. 4:18
6. Pour in the broth, return the shrimp in a single layer, cover and simmer 2–3 minutes over medium heat, until the shrimp are cooked through. 5:08

> **Tip** Frozen spinach works too; thaw it fully and squeeze it dry first.

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
184 kcal	16 g	7.9 g	2.7 g	11 g	550 mg
770 kJ	32% of a day	5.2 g net · 2.2 g sugars	10% of a day	1.5 g saturated	24% of a day
		3% of a day		14% of a day	

Energy from net carbs 11% · protein 35% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 310% · Selenium 52% · Vitamin A 46% · Folate 41% · Vitamin B12 39% · Vitamin C 32% · Vitamin E 27% · Omega-3 22% · Magnesium 21% · Vitamin B6 21%

Source of (10–19%) Iron 16% · Potassium 15% · Zinc 13% · Calcium 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=1yCum9rbUP4. 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/espinacas-con-gambas