SPANISH · SIDE · SNACK

Spanish Garlic Shrimp with Mushrooms

Gambas al ajillo con champiñones

20 min | Serves 4 | 200 kcal a serve | Video 6:35 · Spain on a Fork

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

15 g protein and under 5 g net carbs a tapas serve: a pound of mushrooms sautéed in olive oil and garlic, topped with shrimp and hot smoked paprika. No flour, butter or sugar.

Diet notes: Keto (4.7 g net carbs a serve); Low saturated fat (2 g, 9% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 7 · SERVES 4

- [ ] 450 g **white mushrooms**, washed, patted dry and sliced 1 cm thick
- [ ] 4 tbsp (60 ml) extra **virgin olive oil**, divided
- [ ] 8 **garlic** cloves (4 thinly sliced, 4 roughly chopped)
- [ ] 225 g **raw jumbo shrimp**, peeled and deveined
- [ ] ½ tsp **hot smoked Spanish paprika**
- [ ] a handful of **fresh parsley**, chopped
- [ ] **sea salt** to taste and black pepper

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. Slice the mushrooms about 1 cm thick, thinly slice 4 garlic cloves and chop the parsley. 0:47
2. Heat 2 tbsp olive oil in a large frying pan over medium heat. Sizzle the sliced garlic for 15–20 seconds without browning it, then add the mushrooms and stir every minute or two for 7–8 minutes. 1:22
3. Meanwhile pat the shrimp dry, season them with salt and pepper and roughly chop the other 4 garlic cloves. 2:05
4. When the mushrooms have released their liquid, turn the heat to high for 2–3 minutes until most of it has gone. Stir in 2 tbsp parsley, season and tip them into a serving dish. 2:37
5. Add 2 more tbsp oil to the same pan and cook the shrimp in one layer about 1 minute a side. 3:28
6. Stir in the chopped garlic and hot paprika until fragrant, then spoon the shrimp over the mushrooms and finish with parsley. 3:57

> **Tip** Boil off the mushroom liquid before the shrimp go in, or they'll stew instead of sizzling.

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
200 kcal	15 g	6.1 g	1.5 g	14 g	450 mg
830 kJ	30% of a day	4.7 g net · 2.4 g sugars	5% of a day	2 g saturated	19% of a day
		2% of a day		18% of a day	

Energy from net carbs 9% · protein 29% · fat 62% — fits keto: 4.7 g net carbs, 62% of the energy from fat

High in (20%+ of a day) Selenium 61% · Vitamin K 48% · Vitamin B12 34%

Source of (10–19%) Vitamin E 18% · Vitamin B6 16% · Omega-3 15% · Zinc 13% · Potassium 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=YwbHqktQfpE. 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/gambas-al-ajillo-con-champinones