MOROCCAN · DINNER

Moroccan Saffron Shrimp

30 min · Serves 4 · 219 kcal a serve · Video 7:37 · Spain on a Fork

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

23 g protein, 8 g net carbs and about 570 mg sodium a serve before any rice: shrimp in a saffron, turmeric, ginger and cinnamon onion sauce with olive oil. No sugar, flour or dairy.

Diet notes: Low carb (7.8 g net carbs) but not keto: 44% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.5 g, 6% of the energy); DASH-friendly (570 mg sodium a serve).

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Ingredients 13 · SERVES 4

- [ ] 3 tbsp (45 ml) extra **virgin olive oil**
- [ ] 2 medium **onions**, finely chopped
- [ ] 5 **garlic** cloves, roughly chopped
- [ ] ½ tsp **sweet smoked Spanish paprika**
- [ ] ½ tsp **ground ginger**
- [ ] ½ tsp **ground turmeric**
- [ ] ¼ tsp **ground cinnamon**
- [ ] ¼ tsp **saffron threads**
- [ ] 2 tbsp chopped **cilantro**, plus more to garnish
- [ ] 120 ml **vegetable broth**
- [ ] 450 g **raw jumbo shrimp**, peeled and deveined
- [ ] **sea salt** to taste and black pepper
- [ ] a squeeze of **lemon juice**, to serve

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. If you're serving it with rice, start that first: the video cooks 240 ml rinsed long-grain rice in 470 ml boiling salted water, covered on low, for 15–18 minutes. 0:56
2. Finely chop the onions and roughly chop the garlic. 1:25
3. Heat 3 tbsp olive oil in a large frying pan over medium heat and sauté the onion and garlic 6–8 minutes, stirring, until the onion is translucent. 2:07
4. Stir in the paprika, ginger, turmeric, cinnamon, saffron and 2 tbsp cilantro, and season with salt and pepper. 2:43
5. Pour in the vegetable broth, turn the heat to high and simmer about 5 minutes. Meanwhile pat the shrimp dry and season them on one side. 3:45
6. Add the shrimp, turn them in the sauce and spread them in one layer. Cover, lower to medium-low and cook 3–4 minutes, until just cooked through. 4:41
7. Finish with a squeeze of lemon juice and more cilantro. 5:45

> **Tip** Take the pan off the heat as soon as the shrimp turn opaque; they keep cooking in the hot sauce.

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
219 kcal 920 kJ	**23** g 46% of a day	**9.5** g 7.8 g net · 3.4 g sugars 3% of a day	**1.7** g 6% of a day	**11** g 1.5 g saturated 14% of a day	**570** mg 25% of a day

Energy from net carbs 14% · protein 41% · fat 45% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 83% · Vitamin B12 64% · Omega-3 22%

Source of (10–19%) Vitamin E 19% · Vitamin B6 17% · Zinc 15% · Magnesium 11% · Vitamin K 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=e4eGPTdQwtU. 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/moroccan-saffron-shrimp