

DINNER

Blackened Shrimp Wrap with BBQ Bacon and Cajun Remoulade

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	25 min	30 min	4	\$6.40	1,606 kcal



Blackened Shrimp Wrap with BBQ Bacon and Cajun Remoulade might be just the Creole recipe you are searching for. One portion of this dish contains roughly 51g of protein, 123g of fat, and a total of 1606 calories. This recipe serves 4.

Ingredients

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| ☐ 2 medium avocados, medium dice | ☐ ¼ teaspoon black pepper |
| ☐ 1 tablespoon capers, drained and chopped | ☐ ¼ teaspoon cayenne pepper |
| ☐ 4 12-inch 12-inch flour tortillas, very lightly grilled til' just charred and beginning to bubble | ☐ 1 tablespoon chopped fresh parsley |
| ☐ 1 clove garlic, grated | ☐ 2 teaspoons granulated garlic |
| ☐ 1 teaspoon granulated sugar | ☐ ½ teaspoon ground coriander |

☐ 1 tablespoon honey mustard

☐ ¾ teaspoon kosher salt

☐ 1 cup mayonnaise

☐ 2 tablespoons fresh orange juice

☐ 2 medium Roma tomatoes, medium dice

☐ 4 tablespoons salted butter

☐ 2 tablespoons smoked paprika

☐ 1 tablespoon hot sauce

☐ 1 tablespoon fresh lemon juice

☐ 1 teaspoon onion powder

☐ 1 tablespoon sweet relish

☐ 4 servings Salt and freshly ground black pepper

☐ 1 pound shrimp (21-25 count), peeled, deveined and tails removed

☐ 1 pound thick-cut bacon

EQUIPMENT Bowl, Sauce pan, Grill

Method

- 1 Heat a grill to medium-high heat.
- 2 Combine the paprika, garlic, onion powder, sugar, salt, coriander, black pepper and cayenne in a bowl. Melt the butter in small saucepan over medium-low heat.
- 3 Add the spice mixture and cook until fragrant, stirring frequently, about 3 minutes.
- 4 Let cool, then toss the shrimp with the butter and spices and let sit for 15 minutes.
- 5 Lay the bacon across grates of a grill and grill until crisp, 2 to 3 minutes per side. Set aside on paper-towel-lined plate.
- 6 Grill the shrimp until charred, 1 to 2 minutes per side.
- 7 Let rest, then chop each shrimp into 3 smaller chunks.
- 8 Mix together the mayonnaise, capers, hot sauce, lemon juice, mustard, parsley, relish and garlic in a bowl and season with salt and black pepper.
- 9 Mix together the avocados, tomatoes and orange juice. Season with salt and black pepper. Schmear a tablespoon of remoulade on each tortilla and top with avocado and tomatoes, 2 slices of bacon and some grilled shrimp. Tightly wrap and serve with extra remoulade for dipping.

Nutrition per serving

1,606

KCAL

51 g

PROTEIN

123 g

FAT

77 g

CARBS

Saturated Fat	34.5 g · 216% of daily needs
Fibre	12.9 g · 52% of daily needs
Sugar	9.1 g · 10% of daily needs
Sodium	2,820 mg · 123% of daily needs
Cholesterol	311 mg · 104% of daily needs
Vitamin C	24.4 mg · 30% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/blackened-shrimp-wrap-with-bbq-bacon-and-cajun-remoulade-142538