



Shrimp with Citrus Mojo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.8 teaspoon cumin seeds
- ☐ 2 cups corn kernels fresh
- ☐ 2 garlic cloves minced
- ☐ 0.5 habanero chile whole minced seeded
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.3 cup onion minced
- ☐ 0.5 cup orange juice fresh
- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons sherry vinegar
- ☐ 1.5 pounds shrimp shelled deveined
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon allspice whole
- ☐ 1 pound yukon gold potatoes peeled cut into 1-inch dice

Equipment

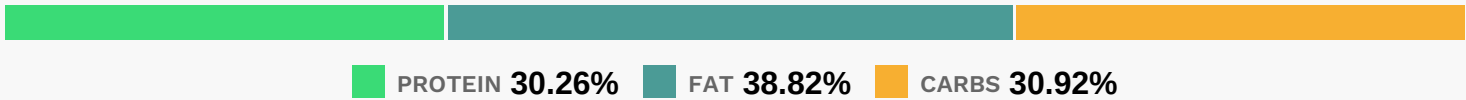
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ mortar and pestle
- ☐ slotted spoon

Directions

- ☐ MAKE THE MOJO: In a small skillet, toast the allspice berries and cumin seeds over moderate heat until fragrant, about 1 minute.
- ☐ Transfer the spices to a plate to cool, then grind in a spice grinder or mortar. In a small bowl, combine the spices with the onion, garlic, chile, orange zest, orange juice, olive oil, lime juice, sherry vinegar, salt, pepper and saffron and set aside for 1 hour.
- ☐ MAKE THE SHRIMP: In a large saucepan of boiling salted water, cook the potatoes until just tender, about 5 minutes. Using a slotted spoon, transfer the potatoes to a bowl.
- ☐ Add the corn to the saucepan and cook until tender, about 3 minutes.
- ☐ Drain the corn and add it to the potatoes.
- ☐ Wipe out the saucepan and heat the oil until shimmering.

- ☐ Add 1/2 cup of the mojo and simmer over moderate heat for 1 minute.
- ☐ Add the shrimp and cook, turning once, until loosely curled, about 1 minute.
- ☐ Transfer the shrimp to a plate.
- ☐ Add another 1/4 cup of the mojo to the saucepan and bring to a simmer over moderate heat.
- ☐ Add the potatoes and corn and cook until heated through. Stir in the chopped cilantro and season with salt and pepper.
- ☐ Transfer to a platter and arrange the shrimp on top.
- ☐ Garnish with the cilantro leaves and serve, passing the extra mojo at the table.
- ☐ Make Ahead: The mojo can be refrigerated overnight.
- ☐ Wine Recommendation: A light, acidic Italian Pinot Grigio will tame the hot pepper and echo the bright taste of citrus in the sauce. Try the 1998 Zemmer or the 1998 Campanile.

Nutrition Facts



Properties

Glycemic Index:97.94, Glycemic Load:16.67, Inflammation Score:-6, Nutrition Score:19.602608820666%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 504.39kcal (25.22%), Fat: 22.55g (34.69%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 35.72g (12.99%), Sugar: 8.74g (9.71%), Cholesterol: 273.86mg (91.29%), Sodium: 999.53mg (43.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.54g (79.08%), Vitamin C: 50.31mg (60.99%), Phosphorus: 510.55mg (51.06%), Copper: 0.87mg (43.53%), Potassium: 1253.97mg (35.83%), Magnesium: 122.53mg (30.63%), Vitamin K: 26.87µg (25.59%), Manganese: 0.49mg (24.33%), Vitamin B6: 0.46mg (23.12%), Zinc: 3.05mg (20.31%), Fiber: 4.7g (18.78%), Vitamin E: 2.65mg (17.68%), Vitamin B1: 0.25mg (16.48%), Folate: 62.48µg (15.62%), Iron: 2.78mg (15.42%), Calcium: 148.98mg (14.9%), Vitamin B3: 2.72mg (13.62%), Vitamin B5:

0.96mg (9.62%), Vitamin A: 299.05IU (5.98%), Vitamin B2: 0.1mg (5.7%), Selenium: 1.17µg (1.67%)