

Chili–Lime Shrimp Tacos with Slaw

Serves 2 (4 small tacos)

Ingredients

- 200 g shrimp (fresh OR frozen; see notes)
- 2 tsp / 8 g olive oil
- 2 g homemade chili–lime seasoning (see below)
- 4 small corn tortillas (6-inch)
- 120 g shredded cabbage (green or mixed)
- 80 g fruit for slaw (pineapple, apple, or kiwi), diced
- 60 g avocado, sliced (optional)
- 10 g pickled red onion (optional)
- Salt, to taste
- Lime wedges, for serving

Homemade Chili–Lime Seasoning

- ½ tsp chili powder
- ¼ tsp smoked paprika
- ¼ tsp ground cumin
- ¼ tsp sugar
- ¼ tsp salt
- Zest of ½ lime

Yogurt–Lime Drizzle (Light)

- 60 g nonfat Greek yogurt
- 2 tsp / 10 g lime juice
- 1–2 tsp / 5–10 g water (to thin)
- Pinch salt

Instructions

1. Mix **cabbage** and **fruit** with a pinch of **salt**; **rest 5 minutes**.
2. Pat shrimp very dry. Toss with **chili–lime seasoning**.
3. Heat **olive oil** in a skillet over **medium-high heat**.
4. Fresh raw shrimp: sauté 2–3 min per side until opaque.
5. Frozen raw shrimp: thaw fully, dry well, cook same as above.
6. Frozen cooked shrimp: thaw, dry completely, sauté 30–60 seconds per side just to heat.
7. Warm tortillas.
8. Assemble tacos with shrimp, slaw, avocado, pickled onion, and yogurt drizzle.

Nutrition (Per Serving)

Kcal: 480 | Protein: 32 g | Fat: 18 g | Sat. Fat: 3 g | Carbs: 46 g | Sugars: 10 g | Fiber: 7 g | Sodium: 780 mg | Omega-3: 0.6 g

