

Lemon Shrimp Orzo Salad レモン風味シュリンプ・オルゾサラダ

Serves: 4 | Bowl: large mixing bowl | Best served slightly cool

Ingredients

Pasta:

- 140 g orzo (オルゾ)

Protein:

- 200 g peeled shrimp (むきえび)

Vegetables:

- 120 g sugar snap peas or snap peas (スナップ えんどう)
- 30 g shallot or red onion, finely sliced (エシャロット / 赤玉ねぎ)

Dressing:

- Zest of 1 lemon (レモン皮)
- 2 T lemon juice (レモン汁)
- 2 T / 28 g olive oil (オリーブオイル)
- 1 tsp Dijon mustard
- ¼ tsp salt + pinch MSG (塩 + MSG)
- Black pepper

Herbs & Additions:

- 1 T fresh dill (ディル)
- 1 T parsley or shiso (パセリ / しそ)
- 10–15 g walnuts, chopped (くるみ)



Instructions

1. Bring **water** to boil and **salt** lightly.
2. Cook **orzo** until just al dente.
 - Reserve 2–3 T pasta water before draining.
3. During final 1 minute of pasta cooking, add **shrimp** and **snap peas**.
 - Shrimp should just turn pink.
 - Snap peas should remain crisp and bright green.
4. Drain immediately.
 - Do not overcook shrimp.
5. Briefly rinse with cool water only if necessary.
 - Slight warmth improves dressing absorption.
6. In a large bowl combine:
 - lemon zest
 - lemon juice
 - olive oil
 - Dijon mustard
 - salt + MSG
 - black pepper
7. Whisk thoroughly until emulsified.
8. Add **orzo**, **shrimp**, **snap peas**, **red onion**, **herbs**, and **walnuts**.

9. Toss gently to combine.
10. Add small splash **reserved pasta water** if needed.
11. **Rest 10–15 minutes** before serving.
 - Best served cool room temperature rather than refrigerator-cold.

Notes

- Regular white orzo works better than whole wheat in this recipe.
- Do not overcook shrimp or snap peas.
- Dill and lemon are a classic seafood combination.
- Shiso adds a subtle Japanese freshness.
- Excellent for lunch leftovers the next day.

Nutrition

Per serving: Kcal: 390 | Protein: 24 g | Fat: 14 g | Sat Fat: 2 g | Carbs: 41 g |
Sugars: 3 g | Fiber: 4 g | Sodium: 520 mg | Omega-3: 0.5 g

Total dish: Kcal: 1560 | Protein: 96 g | Fat: 56 g | Sat Fat: 8 g | Carbs: 164 g |
Sugars: 12 g | Fiber: 16 g | Sodium: 2080 mg | Omega-3: 2.0 g