RECIPE

Garlic Shrimp Tacos with Yogurt-Lime Cabbage Slaw

A quick weeknight dinner of garlic-and-chili seared shrimp in warm corn tortillas, with a crisp cabbage slaw dressed in yogurt and lime and sliced avocado.

MAKES

4 servings US Metric

TOTAL

35 min

Ingredients

- [ ] 1 lb large raw shrimp (21–25 count), peeled and deveined, thawed; buy bags whose label lists only shrimp, with no salt, sodium or phosphate added
- [ ] 1 tbsp olive oil, for the pan
- [ ] 1 tsp garlic powder
- [ ] 1 tsp chili powder
- [ ] 1 tsp ground cumin
- [ ] ¼ tsp black pepper
- [ ] ¼ tsp salt, for the shrimp
- [ ] 3 cups shredded green cabbage
- [ ] ¼ cup finely chopped onion
- [ ] 1 cup chopped fresh cilantro
- [ ] 1 container (170 g / 6 oz) plain nonfat Greek yogurt
- [ ] 3 tbsp lime juice

Method

1. Make the slaw first. Stir the yogurt, lime juice and ¼ tsp salt together in a large bowl until smooth. Add the cabbage, onion and cilantro and toss until every shred is coated. Let it sit 10 minutes; the cabbage softens a little and the dressing thins into the bowl.

2. If the shrimp are frozen, put them in a bowl of cold tap water for 15 minutes, then drain. Pat them very dry with a towel. Dry shrimp brown; wet shrimp steam.

3. Stir the garlic powder, chili powder, cumin, pepper and the remaining ¼ tsp salt together. Toss the shrimp with the spice mix in a bowl until evenly dusted.

- [ ] ¼ tsp salt, for the slaw
- [ ] 1 avocado, sliced (about 1 cup, 146 g)
- [ ] 12 corn tortillas (6-inch, 24 g each, 288 g)

4. Heat the olive oil in a large skillet over medium-high heat until it shimmers. Add the shrimp in one layer, in two batches if they crowd. Cook 1½ to 2 minutes a side, until each is pink and opaque and curls into a loose C. They are safe at 145 °F (USDA FSIS); pull them from the pan the moment they turn, because they go rubbery within a minute.

5. Wipe the skillet and warm the tortillas in it, dry, over medium heat, 20 to 30 seconds a side, until they are soft and have a few brown flecks. Stack them in a towel to keep warm.

6. Build each taco: a tortilla, a mound of slaw, 2 shrimp (a 21–25 count pound is 21 to 25 shrimp) and a few slices of avocado. Three tacos a serving.