



SPAIN

APPETIZER

PRINTABLE RECIPE PDF

Spanish Gambas al Ajillo

Gambas al Ajillo, or garlic shrimp, is a quintessential tapas dish originating from the southern region of Spain, particularly Andalusia. It reflects the

PREP

10 min

COOK

5 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **250 grams** large shrimp - peeled and deveined
- **4 cloves** garlic - thinly sliced
- **4 tablespoons** extra virgin olive oil - for sautéing
- **1 teaspoon** dried chili flakes - adjust according to heat preference
- **2 tablespoons** fresh parsley - chopped, for garnish
- **1 lemon** juice - freshly squeezed, for flavor
- **salt to taste** salt - for seasoning

WHY THIS WORKS

About this recipe

A printable Spanish Gambas al Ajillo recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Gambas al Ajillo, or garlic shrimp, is a quintessential tapas dish originating from the southern region of Spain, particularly Andalusia. It reflects the region's love for seafood and the use of garlic and olive oil,

ORIGIN & TRADITION

Mediterranean context

Gambas al Ajillo, or garlic shrimp, is a quintessential tapas dish originating from the southern region of Spain, particularly Andalusia. It reflects the region's love for seafood and the use of garlic and olive oil, which are staples in Mediterranean cooking.

METHOD

Step-by-step instructions

1

In a large skillet, heat the extra virgin olive oil over medium heat until shimmering. Be careful not to let it smoke.

2

Add the sliced garlic to the oil and sauté gently for about 1 minute, or until the garlic is fragrant and just starting to turn golden.

3

Add the shrimp and dried chili flakes to the pan. Cook for 2-3 minutes, stirring occasionally, until the shrimp are pink and opaque.

4

Remove from heat, squeeze fresh lemon juice over the shrimp, and season with salt to taste. Toss in the chopped parsley for a fresh finish.

5

Serve immediately in the skillet or on a plate, drizzled with the olive oil from the pan.

CHEF'S TIP

Use the best quality olive oil you can find, as it is the star ingredient in this dish, enhancing the flavors of the garlic and shrimp.

NUTRITION PER SERVING (EST.)

Calories	300 kcal	Fat	18 g
Protein	30 g	Fiber	0 g
Carbohydrates	2 g	Sodium	500 mg

SERVING SUGGESTION

Traditionally served hot as a tapa, best enjoyed with crusty bread to soak up the flavorful oil and a chilled glass of white wine or sangria.

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