

Spicy Shrimp Hummus Bowl

Dive into a flavorful bowl of spicy shrimp served on a bed of creamy hummus, topped with tangy lemon and fresh herbs. This dish is not only savory and satisfying but also packed with protein and perfect for a quick meal.


15 min

Total time

easy

Difficulty

350

kcal / serving

Nutrition per serving (estimated)

Protein 24 g

Carbs 25 g

Fat 16 g

Fiber 5 g · Sugar 3 g · Sodium 760 mg

Ingredients

- 100g shrimp, peeled and deveined
- 1/2 cup hummus
- 1 tablespoon olive oil
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- 1 clove garlic, minced
- Juice of 1/2 lemon
- Salt and pepper to taste
- Fresh parsley for garnish
- Pita bread or vegetable sticks for serving

Substitutions

Fresh parsley – Fresh cilantro

Pita bread – Vegetable sticks

Smoked paprika – Sweet paprika

Steps

- 1 In a small bowl, mix the olive oil, smoked paprika, cayenne pepper, minced garlic, lemon juice, salt, and pepper.
- 2 Toss the shrimp in the spice mixture until well coated.
- 3 Heat a non-stick skillet over medium heat and cook the shrimp for about 2–3 minutes on each side until they are pink and opaque.
- 4 In a serving bowl, spread the hummus to create a base.
- 5 Top the hummus with the cooked shrimp and garnish with fresh parsley.
- 6 Serve with pita bread or vegetable sticks for dipping.

Chef's tips

- The shrimp are ready when uniformly pink and opaque, with a slight curl; tight, ring-shaped curls can mean they have overcooked.
- Have the hummus and serving dishes ready before cooking, since the shrimp cook quickly and are best served warm.
- For a smoother bowl, let refrigerated hummus sit briefly at room temperature before serving; keep the shrimp hot and add them just before eating.

Drink pairing

A crisp, dry rosé

Its refreshing acidity complements the lemon and herbs while balancing the chili heat.

0% option: Sparkling water with lemon

Storage

Refrigerate cooked shrimp and hummus separately within 2 hours and use within 3–4 days. Reheat the shrimp until steaming hot; serve the hummus cold or at room temperature.

Frequently asked questions

How can I tell when the shrimp are done?

They should be pink and opaque throughout and gently curled. Remove them from the pan promptly, as overcooked shrimp become firm and rubbery.

Can I prepare the components ahead?

You can mix the seasoning and portion the hummus ahead. Cook the shrimp shortly before serving for the best texture.

What can I serve alongside the bowl?

Pita or vegetable sticks work well for dipping. A simple cucumber and tomato salad also makes a fresh accompaniment.