

BBQ Prawn Skewers with Avocado Dip

Hands-on 15 minutes Overall 45 minutes

Nutritional values (per serving, 2-3 skewers + dip): Total carbs: 6.2 g, Fiber: 2.7 g,

Net carbs: 3.5 g, Protein: 23.2 g, Fat: 31.1 g, Calories: 386 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Prawns:

600 g king prawns, peeled, tails on (1.3 lb/ 21.2 oz), about 12-16 prawns

2 tbsp freshly chopped parsley

4 tbsp fresh lemon juice

2 cloves garlic, crushed

1 small chili pepper

1/4 cup [extra virgin olive oil](#) (60 ml/ 2 fl oz)

salt and pepper to taste (I like [pink Himalayan](#))

Avocado dip:

1 medium ripe avocado (150 g/ 5.3 oz)

1/4 cup [mayonnaise](#) (you can make your own) (55 g/ 1.9 oz)

1/4 cup sour cream or more mayo for dairy-free (58 g/ 2 oz)

1 clove garlic, crushed

1 small chili pepper (15 g/ 0.5 oz)

2 tbsp freshly chopped dill

2 tbsp [extra virgin olive oil](#)

salt and pepper to taste

into a bowl. Halve, deseed and finely chop the chili pepper.

Add mayonnaise, sour cream, chili pepper, crushed garlic, freshly chopped dill, salt and pepper.

4. Mash using a fork, add extra virgin olive oil and mix well. Garnish with more dill and set aside.
5. Assemble the skewers by piercing through the prawns in two points. Piercing them in 2 points will prevent them from moving on the skewers. Discard the marinade or use for another batch.
6. Cook the prawns on high for 2-4 minutes on each side. Serve with the avocado dip and try with [Easy Vegetable Salsa](#). Also try them as filling in [low-carb tortillas](#)! **Tips for pan roasting:** Preheat a [large regular](#) or [griddle pan](#) and cook on high heat for 2-4 minutes on each side.*

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Instructions

1. **Peel and marinate the prawns.** If you have whole king prawns, peel the prawns and leave the tails on.
2. Peel and crush the garlic and finely chop the chili pepper. Place in the bowl with prawns and add freshly chopped parsley, lemon juice and olive oil. Season with salt and pepper to taste. Leave to marinate for at least 30 minutes or in the fridge overnight. *Don't throw the shells away. They are full of fantastic flavour and you can use them to make [fish stock](#) or [soup](#).*
3. **Prepare the avocado dip.** Halve, deseed and scoop the avocado