

Helergon Kitchen

Thai Shrimp Wrap – Flavor-Packed Golden Perfection

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Thai** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 4 large whole wheat tortillas
- [ ] 2 tbsp Thai red curry paste
- [ ] 1 tbsp honey
- [ ] 2 tbsp lime juice
- [ ] 2 tbsp olive oil
- [ ] 1/4 cup fresh cilantro, roughly chopped
- [ ] 1/4 cup fresh mint leaves, torn

Optional Garnish

- [ ] 1 tbsp toasted sesame seeds
- [ ] 1 tbsp chopped peanuts

Instructions

1. Preheat the oven to 400°F (200°C). Meanwhile, in a bowl, toss the shrimp with curry paste, honey, lime juice, and olive oil until evenly coated.
2. Spread the shrimp in a single layer on a parchment-lined baking sheet and bake for 8-10 minutes, until pink and lightly browned.
3. While the shrimp bake, warm the tortillas on a dry skillet for 30 seconds each side; keep them covered with a clean towel.
4. Remove shrimp, let them rest a minute, then place a handful onto each tortilla, sprinkle with fresh herbs, sesame seeds, and peanuts if using.
5. Fold the tortillas snugly, slice in half, and serve immediately with an extra squeeze of lime.

Nutrition per serving

320 kcal	26 g	28 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a less sweet profile, reduce the honey by half.
- A quick drizzle of garlic sauce can add depth.
- For extra crispness, broil the wraps for the last 2 minutes.