

Grilled Shrimp Caesar Wraps: The Ultimate Fresh & Flavorful Lunch

meal that's just as good cold as it is warm.



TIME
25 min

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INGREDIENTS

- 1 lb large shrimp, peeled and deveined
- 2 cups chopped romaine lettuce
- 4 large tortillas or wraps
- ½ cup Caesar dressing
- ¼ cup grated Parmesan cheese
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- Salt and pepper to taste
- Lemon wedges, for serving

DIRECTIONS

1. Marinate the Shrimp: In a bowl, toss the shrimp with olive oil, garlic powder, smoked paprika, salt, and pepper.
2. Let marinate for 10-15 minutes while you prep the other ingredients.
3. Grill the Shrimp: Heat a grill or grill pan over medium-high heat.
4. Grill shrimp 2-3 minutes per side until pink and slightly charred.
5. Remove from heat and set aside.
6. Assemble the Wraps: Lay tortillas flat and layer with: Chopped romaine lettuce
7. Grilled shrimp
8. A drizzle of : Caesar dressing
9. A sprinkle of : Parmesan cheese
10. Roll and Serve: Roll the tortillas tightly and secure with a toothpick if needed.
11. Slice in half and serve with lemon wedges on the side.

SWAPS & NOTES

& Swaps Wrap Choices : Use spinach wraps, whole wheat tortillas, or even low-carb options to suit your diet.

Dairy-Free? : Swap Caesar dressing with a dairy-free version and use nutritional yeast in place of Parmesan.

Spice It Up : Add chili flakes or a few dashes of hot sauce for a spicy Caesar twist.

Marinate the Shrimp In a bowl, toss the shrimp with olive oil , garlic powder , smoked paprika , salt , and pepper .

TIPS FOR SUCCESS

Use jumbo shrimp if possible for more bite and better flavor absorption.

Don't overcook the shrimp -they become rubbery quickly.

Warm the tortillas slightly before assembling for easier rolling.

Make it a meal prep win : Store components separately and build your wraps fresh each day.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/grilled-shrimp-caesar-wraps-the-ultimate-fresh-flavorful-lunch/>