

SIDE DISH

Butterfly Chili Lime Prawn Spedini with Raspberry Dipping Sauce

19 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
280 min	30 min	10 min	5	\$2.22	142 kcal



If you have about 4 hours and 40 minutes to spend in the kitchen, Butterfly Chili Lime Prawn Spedini with Raspberry Dipping Sauce might be an excellent gluten free, dairy free, fodmap friendly, and pescatarian recipe to try.

Ingredients

- ☐ 2 tablespoons chili oil
- ☐ 2 limes, juiced
- ☐ 4 ounces fresh raspberries
- ☐ 1 teaspoon sea salt
- ☐ 1 jalapeno pepper, seeded and minced
- ☐ 20 jumbo 20 peeled and deveined jumbo shrimp, tails still attached
- ☐ 2 tablespoons raspberry vinegar
- ☐ 2 tablespoons white sugar

EQUIPMENT Bowl, Sauce pan, Oven, Mixing bowl, Sieve, Broiler, Skewers, Broiler pan, Wooden skewers

Method

- 1 Stir together the lime juice, chili oil, and sea salt in a mixing bowl until the salt dissolves.
- 2 Cut the shrimp through the back vein nearly through to the other side, leaving the two sides attached. Toss the shrimp in the marinade, cover, and refrigerate 4 hours. Soak the wooden skewers in water for 30 minutes.
- 3 Make the raspberry dipping sauce by bringing the raspberry vinegar, sugar, and raspberries to a simmer in a saucepan over medium heat. Cook and stir until the raspberries have lost their form and turned into a sauce. Scrape the raspberry mixture into a fine mesh strainer, and allow any excess liquid to drip away. Discard the liquid, and place the pulp into a small bowl. Stir in the minced jalapeno peppers to complete the dipping sauce.
- 4 Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- 5 Remove the shrimp from the marinade, and thread one onto each soaked skewer. Wiggle the skewer through the shrimp so that the tails are pointing upwards. These should look like lollipops.
- 6 Place the skewers onto a broiler pan.
- 7 Cook in the preheated oven until the shrimp start to look pink and a little toasty, about 2 1/2 minutes per side.
- 8 Serve with the raspberry dipping sauce.

Nutrition per serving

142	11 g	7 g	9 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.9 g · 5% of daily needs
Fibre			1.6 g · 6% of daily needs
Sugar			6.1 g · 7% of daily needs
Sodium			919 mg · 40% of daily needs
Cholesterol			101 mg · 34% of daily needs
Vitamin C			12.9 mg · 16% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/butterfly-chili-lime-prawn-spedini-with-raspberry-dipping-sauce-143875