

STARTER & SNACK

Cilantro Wrapped Prawns with Spicy Pickle Pineapple

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
100 min	30 min	70 min	4	\$1.35	162 kcal



Cilantro Wrapped Prawns with Spicy Pickle Pineapple is a gluten free and primal hor d'oeuvre. For \$1.35 per serving, this recipe covers 10% of your daily requirements of vitamins and minerals. This recipe makes 4 servings with 162 calories, 11g of protein, and 5g of fat each.

Ingredients

- | | |
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| ☐ 3 tablespoons minced cilantro leaves | ☐ 1 egg |
| ☐ 2 tablespoons honey | ☐ 1 tablespoon lemon juice |
| ☐ ½ cup milk | ☐ 1 teaspoon olive oil |
| ☐ 1 cup chopped pineapple, without juice | ☐ 24 wonton skins |
| ☐ 12 shrimp (21-25 count) raw, cut lengthwise in 1/2 | ☐ ¼ cup julienned red bell pepper |
| ☐ 2 tablespoons diced red jalapeno | ☐ 6 tablespoons rice wine vinegar |

☐ 4 servings Salt and pepper

☐ 2 tablespoons diced white onion

EQUIPMENT Frying pan

Method

- 1 For the Spicy pickled pineapple: In a medium saute pan, heat oil, add pepper and onions, lightly saute,
- 2 Combine all ingredients, heat for 3 minutes on medium heat and let cool for 1 hour.
- 3 Season shrimp with salt and pepper.
- 4 Mix milk and egg, dredge wonton wrapper in milk, then add 1/2 piece shrimp to corner of wrapper, add a pinch of cilantro, and 1 piece of red bell pepper, roll up, and place seam side down in medium pan with canola oil on medium to high heat. Fry until light brown.

Nutrition per serving

162

KCAL

11 g

PROTEIN

5 g

FAT

18 g

CARBS

Saturated Fat

1.8 g · 11% of daily needs

Fibre

1 g · 4% of daily needs

Sugar

15.3 g · 17% of daily needs

Sodium

504 mg · 22% of daily needs

Cholesterol

88.1 mg · 29% of daily needs

Vitamin C

44.3 mg · 54% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/cilantro-wrapped-prawns-with-spicy-pickle-pineapple-148199