



Erawan's Red Curry Lobster

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil leaves
- 15 birds-eye chiles dried hot for 15 minutes
- 20 peppercorns black
- 0.5 cup full fat coconut cream unsweetened
- 1.3 cup coconut milk
- 1 tablespoon coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon shrimp paste dried

- 6 thai eggplant cut in chunks* (see cook's note)
- 2 finger chiles red hot thinly sliced for garnish*
- 2 tablespoons fish sauce
- 4 tablespoons garlic finely chopped
- 3 kaffir lime leaves minced
- 5 small kaffir lime leaves
- 0.3 teaspoon kosher salt
- 2 tablespoons lemongrass fresh thinly sliced
- 12 ounces live maine lobsters cooked coarsely chopped
- 4 servings serving suggestion: rice steamed
- 3 tablespoons shallots finely chopped
- 1.3 teaspoons sugar
- 4 servings water

Equipment

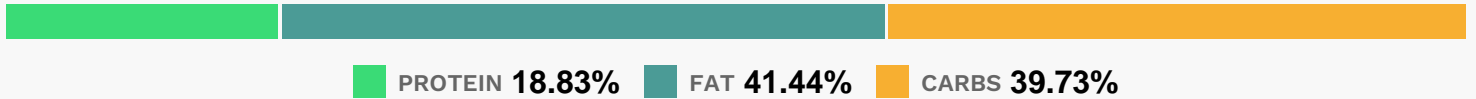
- bowl
- frying pan
- blender
- mortar and pestle
- dutch oven

Directions

- Bring the coconut cream to a simmer over medium heat in a large, deep skillet or Dutch oven.
- Add the red curry paste and simmer, stirring, for several minutes.
- Add the coconut milk, simmer for 1 to 2 minutes then add the eggplant, fish sauce, salt, sugar and kaffir lime leaves. Simmer the curry until the eggplant is soft and cooked, about 15 minutes.
- Add the lobster and basil and heat through. Spoon the curry into a serving bowl, garnish with sliced chiles and serve with rice.

- Toast the coriander and cumin seeds in a small pan over very low heat until fragrant, about 5 minutes. In a spice grinder or mortar, grind the seeds to a fine powder.
- Transfer the spice powder to a blender.
- Add the chiles, shallots, garlic, lemongrass, lime leaves, peppercorns and shrimp paste. Puree, adding water a tablespoon at a time, until the mixture forms a thick paste. Store covered in a cool dry place.

Nutrition Facts



Properties

Glycemic Index:117.57, Glycemic Load:10.59, Inflammation Score:-9, Nutrition Score:42.183912857719%

Flavonoids

Delphinidin: 588.69mg, Delphinidin: 588.69mg, Delphinidin: 588.69mg, Delphinidin: 588.69mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 504.6kcal (25.23%), Fat: 25.32g (38.96%), Saturated Fat: 20.76g (129.75%), Carbohydrates: 54.63g (18.21%), Net Carbohydrates: 30.94g (11.25%), Sugar: 28.04g (31.15%), Cholesterol: 122.26mg (40.75%), Sodium: 1299.75mg (56.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.89g (51.78%), Manganese: 2.99mg (149.34%), Copper: 2.09mg (104.53%), Fiber: 23.69g (94.76%), Selenium: 60.79µg (86.84%), Potassium: 2149.49mg (61.41%), Vitamin C: 49.33mg (59.79%), Magnesium: 207.41mg (51.85%), Vitamin B6: 0.93mg (46.42%), Folate: 184.91µg (46.23%), Phosphorus: 432.4mg (43.24%), Vitamin B5: 3.48mg (34.76%), Vitamin B3: 6.88mg (34.38%), Zinc: 5.11mg (34.07%), Vitamin K: 35.24µg (33.56%), Iron: 6.04mg (33.55%), Vitamin B1: 0.35mg (23.36%), Calcium: 206.33mg (20.63%), Vitamin E: 2.98mg (19.89%), Vitamin B2: 0.32mg (18.55%), Vitamin B12: 1.11µg (18.44%), Vitamin A: 425.16IU (8.5%)