



Fried Squid, Papaya, and Frisée Salad with Spicy-Sour Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



651 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups all purpose flour divided
- ☐ 0.3 cup ginger fresh peeled thin
- ☐ 4 cups frisée lettuce (2 heads)
- ☐ 2 cups cubes papaya fresh peeled seeded
- ☐ 1 teaspoon vegetable oil; peanut oil preferred
- ☐ 1.5 cups rice flour divided
- ☐ 0.5 cup roasted cashews salted whole

- ☐ 6 servings sesame seed toasted
- ☐ 2 tablespoons soya sauce
- ☐ 1.5 pounds squid rings fresh frozen thawed cleaned drained (bodies and tentacles)
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon unseasoned rice vinegar
- ☐ 6 servings vegetable oil for deep-frying
- ☐ 1.3 cups water ()
- ☐ 6 water chestnuts fresh peeled thinly sliced into rounds
- ☐ 6 servings spicy-sour dressing

Equipment

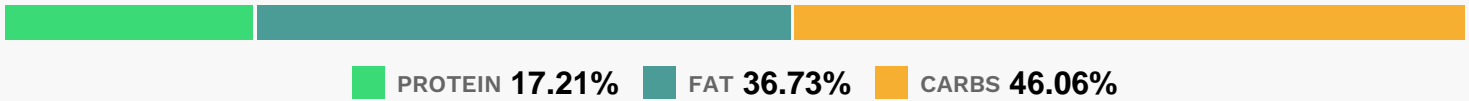
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ tongs
- ☐ melon baller

Directions

- ☐ Cut squid bodies into 1/2-inch-thick rounds.
- ☐ Place all squid in large sieve set over bowl. Refrigerate at least 1 hour to drain well.
- ☐ Place 1 cup flour, 1 cup rice flour, soy sauce, vinegar, peanut oil, and sugar in large bowl. Gradually add 1 1/4 cups water, whisking until batter is smooth. If necessary, whisk in more water by teaspoonfuls until batter reaches heavy cream consistency.
- ☐ Let batter stand at least 1 hour and up to 3 hours at room temperature, whisking occasionally.
- ☐ Mix remaining 1/2 cup flour and 1/2 cup rice flour in large bowl.

- ☐ Add squid. Toss until squid is coated, separating pieces. Turn mixture into another sieve and shake off excess flour.
- ☐ Sprinkle squid generously with salt, tossing in sieve.
- ☐ Mix coated squid into batter.
- ☐ Pour oil into heavy large saucepan to depth of 1 1/2 inches. Attach clip-on deep-fry thermometer and heat oil over medium-high heat to 350°F to 360°F. Working in batches and stirring often with tongs to separate pieces, drop squid into oil. Fry until crisp and brown, about 4 minutes per batch. Using slotted spoon, transfer squid to paper towels.
- ☐ Sprinkle with salt and pepper.
- ☐ Combine frisée, papaya, cashews, water chestnuts, and ginger in large bowl.
- ☐ Add enough dressing to coat lightly. Divide salad among plates, mounding in center.
- ☐ Pile squid atop salad on each plate.
- ☐ Sprinkle with sesame seeds.
- ☐ Serve, passing remaining dressing separately.
- ☐ *Available at some supermarkets, specialty foods stores, and natural foods stores.
- ☐ Fresh water chestnuts are sold at Asian markets. If unavailable, use a large melon baller to cut out spheres of jicama, then slice into rounds.

Nutrition Facts



Properties

Glycemic Index:64.47, Glycemic Load:41.85, Inflammation Score:-9, Nutrition Score:38.462608834972%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 650.78kcal (32.54%), Fat: 26.65g (41%), Saturated Fat: 4.53g (28.34%), Carbohydrates: 75.19g (25.06%), Net Carbohydrates: 69.48g (25.27%), Sugar: 5.8g (6.44%), Cholesterol: 264.22mg (88.07%), Sodium: 482.6mg (20.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.19%), Copper: 2.98mg (149.05%), Vitamin K:

130.25µg (124.05%), Selenium: 72.1µg (103%), Manganese: 1.24mg (62.15%), Vitamin C: 42.19mg (51.14%), Vitamin A: 2387.14IU (47.74%), Phosphorus: 462.42mg (46.24%), Vitamin B2: 0.73mg (43.11%), Magnesium: 141.75mg (35.44%), Folate: 136.46µg (34.11%), Vitamin B3: 6.53mg (32.66%), Vitamin B1: 0.45mg (29.76%), Iron: 4.92mg (27.34%), Zinc: 3.81mg (25.4%), Vitamin E: 3.77mg (25.15%), Vitamin B12: 1.47µg (24.57%), Fiber: 5.7g (22.81%), Vitamin B6: 0.44mg (21.92%), Potassium: 720.23mg (20.58%), Calcium: 174.99mg (17.5%), Vitamin B5: 1.7mg (17.02%)