



Grilled Shrimp with Fiery Lemongrass-Chile Sambal



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves crumbled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup ginger fresh peeled chopped
- ☐ 4 garlic clove coarsely chopped
- ☐ 2 teaspoons brown sugar packed ()
- ☐ 1 teaspoon ground coriander
- ☐ 3 tablespoons lemon grass chopped (from bottom 4 inches of 2 large stalks)

- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 macadamia nuts
- ☐ 1 teaspoon paprika
- ☐ 1.5 teaspoons salt
- ☐ 8 ounces shallots coarsely chopped
- ☐ 3 pounds shrimp deveined uncooked unpeeled peeled
- ☐ 6 thai chile red seeded coarsely chopped () (preferably)
- ☐ 2 teaspoons turmeric
- ☐ 3 tablespoons vegetable oil ()
- ☐ 1 cup water

Equipment

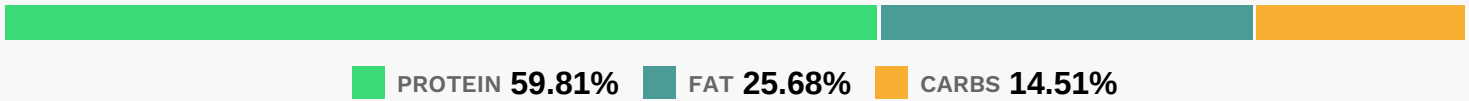
- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine 6 Thai bird chiles (or 2 serrano or jalapeño chiles) and next 12 ingredients in processor. Using on/off turns, blend until finely chopped and paste forms. If spicier sambal is desired, add more chopped chiles to taste and blend again until paste forms.
- ☐ Transfer sambal to small bowl.
- ☐ Heat 2 tablespoons oil in heavy large saucepan over medium-high heat.
- ☐ Add sambal and cook until fragrant and lightly browned, stirring constantly and adding more oil by tablespoonfuls if mixture is dry, about 7 minutes.
- ☐ Add 1 cup water; reduce heat to medium and simmer until most of water is absorbed but mixture is still creamy, stirring often, about 4 minutes.
- ☐ Transfer to small bowl and cool. DO AHEAD: Can be made 1 day ahead. Cover sambal and chill.

- ☐ Whisk limejuice, 3 tablespoons oil, and 2 tablespoons sambal in small bowl. DO AHEAD: Can be made 1 day ahead. Cover and chill. Rewhisk marinade before using, adding more oil by teaspoonfuls if marinade is thick.
- ☐ If using unpeeled shrimp, use kitchen scissors to cut shrimp shell along rounded back of tail; scrape out vein with tip of bamboo skewer or tip of small knife.
- ☐ Place peeled or unpeeled shrimp in large glass baking dish.
- ☐ Brush shrimp all over with marinade. Allow shrimp to marinate at room temperature at least 15 minutes and up to 30 minutes.
- ☐ Meanwhile, prepare barbecue (medium-high heat).
- ☐ Brush grill rack with oil. Grill shrimp until just opaque in center, 2 to 3 minutes per side.
- ☐ Transfer shrimp to platter. Rewarm remaining sambal and serve alongside for dipping or spooning atop shrimp.
- ☐ Unpeeled shrimp cook up more succulent and flavorful but are a bit messier to eat than peeled shrimp (which you can use, if you prefer). For ease of preparation, the seafood department at some supermarkets sells uncooked unpeeled shrimp that have already been deveined.

Nutrition Facts



Properties

Glycemic Index: 22.83, Glycemic Load: 1.87, Inflammation Score: -10, Nutrition Score: 12.877391188041%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 308.22kcal (15.41%), Fat: 8.99g (13.83%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 9.5g (3.45%), Sugar: 4.7g (5.22%), Cholesterol: 365.14mg (121.71%), Sodium: 860.14mg (37.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.1g (94.19%), Phosphorus: 523.46mg (52.35%), Copper: 0.98mg (48.76%), Manganese: 0.5mg (24.83%), Magnesium: 97.3mg (24.33%), Potassium: 820.27mg (23.44%),

Zinc: 3.38mg (22.51%), Calcium: 174.98mg (17.5%), Vitamin C: 12.95mg (15.7%), Iron: 2.41mg (13.4%), Vitamin K: 13.93µg (13.27%), Vitamin B6: 0.2mg (9.85%), Fiber: 1.93g (7.7%), Vitamin E: 0.74mg (4.93%), Folate: 17.02µg (4.26%), Vitamin A: 205.83IU (4.12%), Vitamin B1: 0.05mg (3.22%), Vitamin B5: 0.16mg (1.59%), Vitamin B2: 0.03mg (1.56%), Vitamin B3: 0.29mg (1.43%), Selenium: 1µg (1.43%)