



Grilled Shrimp with Tamarind Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon asian fish sauce to taste (preferably Thai naam pla)
- ☐ 1 tablespoon cilantro roots and/or stems fresh cleaned chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 sprigs jalapeño chiles fresh finely julienned halved lengthwise seeded
- ☐ 1.5 tablespoons coconut sugar to taste
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 3 teaspoons sea salt dissolved in 1 1/2 cups water
- ☐ 1 tablespoon sriracha hot

- ☐ 1 tablespoon tamarind from a pliable block
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ kitchen scissors
- ☐ colander
- ☐ grill pan

Directions

- ☐ Prepare grill for cooking.
- ☐ Soak shrimp (still in shells) in salt water 5 minutes, then rinse well in a colander.
- ☐ Place tamarind in a bowl with water and rub with your fingers to dissolve pulp.
- ☐ Pour through a sieve into a bowl, pressing hard on solids, and discard solids.
- ☐ Heat oil in a small heavy saucepan over moderate heat until hot but not smoking, then cook cilantro paste and garlic, stirring, until fragrant. Stir in hot sauce, 3 tablespoons tamarind juice, palm sugar, and fish sauce. Simmer until thickened to consistency of light syrup, about 3 minutes.
- ☐ Snip shells of shrimp with scissors down center of back, from wide end to second-to-last tail section. Butterfly shrimp in their shells, making a deep incision along length of back where shells are cut, and devein.
- ☐ Grill shrimp on their sides on an oiled rack set 5 to 6 inches over glowing coals until shells are pink and slightly charred and shrimp are just cooked through, 3 to 4 minutes on each side. (Alternatively, grill shrimp in a hot well-seasoned ridged grill pan over moderate heat.)
- ☐ Spoon tamarind sauce over shrimp (still in shells) in a serving dish.
- ☐ Tamarind sauce can be made 2 hours ahead and kept, covered, at room temperature.

Nutrition Facts



 PROTEIN 3.1%  FAT 50.63%  CARBS 46.27%

Properties

Glycemic Index:53.25, Glycemic Load:3.77, Inflammation Score:-1, Nutrition Score:1.3995652185834%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 60.12kcal (3.01%), Fat: 3.55g (5.46%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 7.04g (2.56%), Sugar: 4.72g (5.25%), Cholesterol: 0mg (0%), Sodium: 2195.11mg (95.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin C: 3.38mg (4.1%), Vitamin E: 0.58mg (3.83%), Magnesium: 12.35mg (3.09%), Manganese: 0.05mg (2.64%), Vitamin B6: 0.05mg (2.56%), Vitamin K: 2.27µg (2.16%), Potassium: 52.65mg (1.5%), Vitamin B1: 0.02mg (1.46%), Iron: 0.22mg (1.2%), Calcium: 10.66mg (1.07%), Selenium: 0.75µg (1.07%), Fiber: 0.26g (1.03%), Vitamin B3: 0.21mg (1.03%), Vitamin A: 51.33IU (1.03%)