



Mini brochettes with spicy Thai dip



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tsp coriander seeds
- ☐ 500 g ground pork minced
- ☐ 1 garlic clove crushed
- ☐ 1 piece ginger peeled finely chopped
- ☐ 1 stalk lemon grass finely chopped
- ☐ 20 g cilantro leaves fresh roughly chopped
- ☐ 2 tsp curry paste red
- ☐ 2 tsp tomato purée

- ☐ 200 ml full fat coconut cream
- ☐ 1 tsp g muscovado sugar light
- ☐ 0.3 tsp thai fish sauce
- ☐ 0.5 juice of lime
- ☐ 24 frangelico
- ☐ 24 frangelico

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ grill
- ☐ skewers
- ☐ mortar and pestle

Directions

- ☐ Soak the skewers in warm water.
- ☐ Put the dip ingredients into a saucepan, bring to the boil and simmer for 5 minutes until slightly thickened.
- ☐ Pour into small serving bowls.
- ☐ Crush the coriander seeds with a pestle and mortar. Tip them into a food processor and add the pork, garlic, ginger, lemongrass, coriander, tsp sea salt and plenty of black pepper. Pulse until the mix becomes pasty.
- ☐ Preheat the grill to medium high. Using wet hands, divide and shape the mixture into 24 equal-size sausage shapes around each skewer.
- ☐ Put the brochettes on an oiled baking sheet and grill for 7-10 minutes, turning until golden.
- ☐ Serve on a plate, with the dip in small bowls.

Nutrition Facts



 PROTEIN **17.93%**  FAT **76.65%**  CARBS **5.42%**

Properties

Glycemic Index:3.21, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.0578260946533%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 85.66kcal (4.28%), Fat: 7.41g (11.41%), Saturated Fat: 4.26g (26.6%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.2g (0.22%), Cholesterol: 15mg (5%), Sodium: 17.59mg (0.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin B1: 0.16mg (10.46%), Manganese: 0.16mg (7.75%), Selenium: 5.21µg (7.44%), Vitamin B3: 1.01mg (5.04%), Phosphorus: 48.94mg (4.89%), Vitamin B6: 0.09mg (4.42%), Zinc: 0.57mg (3.79%), Vitamin B2: 0.05mg (3.07%), Potassium: 102.29mg (2.92%), Iron: 0.49mg (2.72%), Vitamin A: 125.39IU (2.51%), Vitamin K: 2.6µg (2.48%), Vitamin B12: 0.15µg (2.44%), Copper: 0.05mg (2.43%), Magnesium: 7.82mg (1.95%), Vitamin B5: 0.17mg (1.7%), Fiber: 0.3g (1.22%), Vitamin C: 0.97mg (1.17%), Folate: 4.14µg (1.03%)