



Salt & pepper prawns



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp cornstarch
- ☐ 6 servings vegetable oil for deep frying
- ☐ 24 large shrimp with tails deveined peeled
- ☐ 1 tbsp peppercorns
- ☐ 4 peppercorns black
- ☐ 2 tbsp sea salt
- ☐ 1 large pinch pepper
- ☐ 1 garlic clove crushed

- ☐ 1 tbsp coriander leaves chopped
- ☐ 1 small to 5 chillies red finely chopped
- ☐ 2 tbsp sugar
- ☐ 3 juice of lime
- ☐ 1 tbsp fish sauce

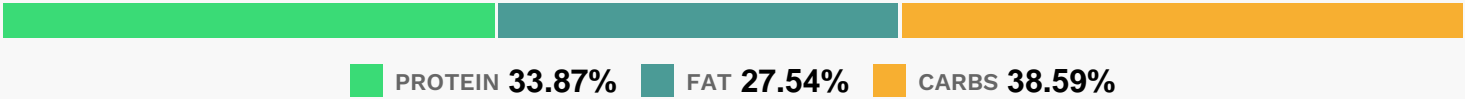
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ wok
- ☐ mortar and pestle
- ☐ slotted spoon

Directions

- ☐ First, make the dipping sauce. Crush the garlic, coriander and chilli using a pestle and mortar. (If you dont have one, just finely chop.) Pound in the sugar until dissolved, then add the lime juice and fish sauce. It should taste sweet, salty and spicy.
- ☐ To make the spice mix, toast the Sichuan and black peppercorns in a frying pan over a medium heat for 1 min or until fragrant. Finely grind in a spice mill or using a pestle and mortar, then add the salt and chilli flakes and mix together.
- ☐ Transfer to a bowl.
- ☐ Combine the spice mix with the cornflour.
- ☐ Heat 7.5cm of oil in a large wok or deep heavy-based saucepan. You can test the temperature by frying a small piece of bread it should sizzle instantly and take 20 secs to turn golden. Toss the prawns with the spice mix, shake off the excess and deep-fry, in batches, for 1-2 mins or until crisp at the edges and starting to curl.
- ☐ Remove with a slotted spoon, drain on a baking tray lined with kitchen paper and keep warm while you cook the remaining prawns. Scatter over the pea shoots or salad leaves, if you like, and serve with the dipping sauce.

Nutrition Facts



Properties

Glycemic Index:34.85, Glycemic Load:3.3, Inflammation Score:-2, Nutrition Score:4.786956573958%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 98.09kcal (4.9%), Fat: 3.14g (4.83%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 9.21g (3.35%), Sugar: 4.79g (5.32%), Cholesterol: 64.4mg (21.47%), Sodium: 2611.17mg (113.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.36%), Vitamin C: 17.15mg (20.79%), Manganese: 0.29mg (14.66%), Vitamin K: 13.23µg (12.6%), Copper: 0.21mg (10.26%), Phosphorus: 96.48mg (9.65%), Magnesium: 27.51mg (6.88%), Potassium: 195.34mg (5.58%), Calcium: 43.95mg (4.39%), Zinc: 0.62mg (4.15%), Iron: 0.66mg (3.69%), Vitamin B6: 0.07mg (3.45%), Fiber: 0.68g (2.73%), Vitamin E: 0.34mg (2.28%), Vitamin A: 111.28IU (2.23%), Folate: 5.89µg (1.47%), Vitamin B3: 0.24mg (1.21%), Vitamin B2: 0.02mg (1.15%), Vitamin B1: 0.02mg (1.08%)