



Sandra's Shanghai Lobster

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce baby spinach fresh
- 1 teaspoon pepper black freshly ground
- 2 stalks celery
- 8 ounce bottled clam juice
- 4 servings jasmine rice steamed
- 1 teaspoon curry powder
- 0.5 bunch thyme leaves fresh
- 1 tablespoon garlic finely chopped

- 1 tablespoon ginger finely chopped
- 0.5 cup heavy cream
- 2 tablespoons kosher salt
- 4 servings kosher salt
- 4 lobster tail pieces frozen
- 1 large onion peeled cut in half
- 0.3 teaspoon pepper flakes red
- 2 shallots finely chopped
- 1 tablespoon soya sauce
- 2 tablespoons butter unsalted
- 0.5 cup coconut milk unsweetened
- 4 servings vegetable oil for frying
- 0.5 cup white wine

Equipment

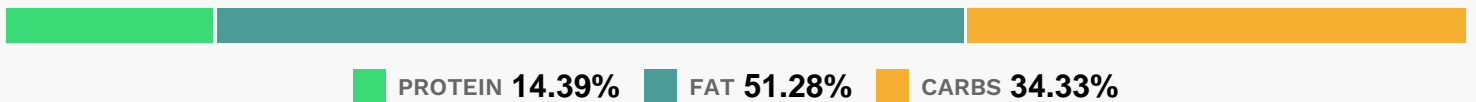
- frying pan
- paper towels
- pot
- dutch oven
- deep fryer

Directions

- Watch how to make this recipe.
- Fill a pot large enough to hold the lobster tails with water.
- Add the salt, pepper, celery, onion and thyme, and bring to a boil.
- Add the lobster tails. When the pot returns to a boil, remove the tails and set them aside. They will not be fully cooked but will finish cooking in the sauce.
- Melt the butter in a large skillet over medium heat.
- Add the shallots and cook until soft.

- Add the wine and cook until it is reduced by half.
- Add the garlic, ginger, curry powder and red pepper flakes. Cook for 1 minute.
- Add the clam juice and cook until it is reduced by half, 5 to 6 minutes.
- Add the coconut milk, cream and soy sauce, and then bring to a simmer.
- Add the lobster tails to the pan. Reduce the heat to low, cover and cook for 5 to 6 minutes.
- Remove the lobster; set aside and keep warm. Turn the heat to medium-low and cook until the liquid is thickened and reduced by half, 6 to 8 minutes. Taste, and adjust the seasoning with salt and pepper.
- To serve, put a pile of jasmine rice onto a plate. Nestle a lobster tail next to the rice.
- Pour over some sauce and garnish with the Crispy Fried Spinach.
- In a deep fryer or a Dutch oven filled about halfway with oil over medium-high heat, bring the oil to 375 degrees F.
- While the oil is heating, look through the spinach leaves and pick off any tough stems. Gently drop a small handful of leaves into the hot oil. Be careful as the oil will splatter. Cook for about 30 seconds, turning once, and remove leaves to paper towel lined plates to drain. Season with salt.
- Serve as soon as possible.

Nutrition Facts



Properties

Glycemic Index:96.75, Glycemic Load:25.95, Inflammation Score:-10, Nutrition Score:30.57956517261%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg

Nutrients (% of daily need)

Calories: 495.73kcal (24.79%), Fat: 27.56g (42.39%), Saturated Fat: 17.45g (109.08%), Carbohydrates: 41.51g (13.84%), Net Carbohydrates: 37.5g (13.64%), Sugar: 7.25g (8.06%), Cholesterol: 129.03mg (43.01%), Sodium: 4477.51mg (194.67%), Alcohol: 3.09g (100%), Alcohol %: 0.89% (100%), Protein: 17.4g (34.81%), Vitamin K: 219.73µg (209.27%), Vitamin A: 4846.48IU (96.93%), Selenium: 50.57µg (72.24%), Manganese: 1.39mg (69.46%), Copper: 1.13mg (56.58%), Folate: 122.98µg (30.75%), Vitamin C: 21.77mg (26.39%), Phosphorus: 253.38mg (25.34%), Magnesium: 101.11mg (25.28%), Zinc: 3.44mg (22.96%), Vitamin B6: 0.44mg (22.17%), Potassium: 766.03mg (21.89%), Calcium: 171.88mg (17.19%), Vitamin E: 2.45mg (16.36%), Vitamin B5: 1.63mg (16.26%), Iron: 2.92mg (16.23%), Fiber: 4.01g (16.06%), Vitamin B12: 0.87µg (14.46%), Vitamin B2: 0.21mg (12.27%), Vitamin B3: 2.43mg (12.14%), Vitamin B1: 0.13mg (8.5%), Vitamin D: 0.58µg (3.87%)