



Scampi with tartare sauce

 Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 shrimp
- ☐ 2 servings unrefined sunflower oil for frying
- ☐ 140 g flour plain
- ☐ 85 g cornstarch
- ☐ 150 ml beer
- ☐ 100 ml seltzer water
- ☐ 2 servings lemon wedges
- ☐ 6 tbsp mayonnaise

- ☐ 1 tbsp caper rinsed chopped
- ☐ 1 tsp juice of lemon
- ☐ 1 tbsp parsley chopped
- ☐ 2 tsp tarragon chopped
- ☐ 1 pickled cucumbers / gherkins finely chopped

Equipment

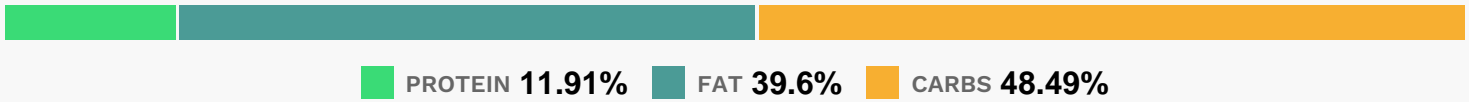
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wok
- ☐ kitchen scissors
- ☐ cutting board

Directions

- ☐ To prepare the langoustines, pull off the head and pincers.
- ☐ Lay the tail flat on a chopping board and use a sharp pair of scissors to cut a line straight down the back of the shell. Carefully peel the langoustine, score down the back, then remove the grit sac.
- ☐ Get the oil heating in a large saucepan or wok you will need enough to come 2-3in up the side of the pan. For the tartare sauce, mix all ingredients in a bowl and season.
- ☐ Place the flours in a bowl with a good pinch of salt and pepper.
- ☐ Add the beer and sparkling water, and whisk to a smooth batter.
- ☐ To test if the oil is hot enough, put a drop of batter into the pan it should crisp and brown within 30 secs. Dip each langoustine or prawn tail into the batter, then carefully drop it into the oil.
- ☐ Drizzle a little extra batter over each one while they are cooking this will give you a really crispy coating. Cook them in batches, making sure you dont overcrowd the pan. When golden and floating to the surface, scoop out and drain well on kitchen paper.

Sprinkle the scampi with salt and serve with the tartare sauce, lemon wedges and chips.

Nutrition Facts



Properties

Glycemic Index:146.5, Glycemic Load:40.35, Inflammation Score:-7, Nutrition Score:19.96695655066%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 6.28mg, Kaempferol: 6.28mg, Kaempferol: 6.28mg, Kaempferol: 6.28mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 826.2kcal (41.31%), Fat: 35.03g (53.9%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 96.51g (32.17%), Net Carbohydrates: 93.88g (34.14%), Sugar: 0.55g (0.61%), Cholesterol: 138.14mg (46.05%), Sodium: 498.07mg (21.66%), Alcohol: 2.92g (100%), Alcohol %: 0.97% (100%), Protein: 23.7g (47.4%), Vitamin K: 100.3µg (95.52%), Selenium: 26.45µg (37.79%), Vitamin B1: 0.56mg (37.65%), Folate: 143.53µg (35.88%), Manganese: 0.67mg (33.43%), Phosphorus: 267.76mg (26.78%), Iron: 4.66mg (25.89%), Vitamin B2: 0.4mg (23.66%), Vitamin B3: 4.72mg (23.58%), Copper: 0.46mg (23.04%), Vitamin E: 2.61mg (17.39%), Magnesium: 56.5mg (14.12%), Zinc: 1.74mg (11.59%), Fiber: 2.63g (10.53%), Potassium: 368.29mg (10.52%), Calcium: 91.13mg (9.11%), Vitamin C: 5.01mg (6.08%), Vitamin B6: 0.11mg (5.59%), Vitamin A: 261.42IU (5.23%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.06µg (1.08%)