



Shrimp 2 Ways: Soy Sauce-Grilled Shrimp with Spinach Salad and New-Style Scampi

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces baby spinach
- 0.5 recipe base
- 0.3 cup canola oil plus more for brushing
- 2 tablespoons canola oil
- 4 servings canola oil for brushing
- 0.3 cup cilantro leaves chopped
- 0.3 cup cilantro leaves fresh chopped

- 2 inch ginger fresh finely grated
- 4 cloves garlic finely chopped
- 2 green onions thinly sliced
- 2 teaspoons honey
- 2 juice of lime juiced
- 4 servings kosher salt and pepper black freshly ground
- 2 limes
- 0.3 teaspoon pepper flakes red crushed
- 0.3 cup rice vinegar
- 0.5 cup peanuts salted chopped
- 1 tablespoon sesame oil toasted
- 12 ounces shrimp deveined peeled (21-24)
- 0.3 cup soya sauce
- 2 tablespoons soya sauce
- 1 stick butter unsalted softened

Equipment

- food processor
- bowl
- sauce pan
- whisk
- grill
- skewers

Directions

- Whisk the soy, lime juice, honey, ginger, garlic and canola oil in a medium bowl until combined.
- Transfer half to a food processor fitted with the blade attachment and set aside.
- Add the shrimp to the marinade in the bowl and toss to coat. Cover and refrigerate for 15 minutes.

- While the shrimp marinates, whisk together the rice vinegar, soy sauce, canola and sesame oils, scallion and cilantro in a small bowl.
- Heat the grill to high.
- Remove the shrimp from the marinade, brush with canola oil, and season with salt and pepper. Skewer the shrimp and grill for 2 to 3 minutes per side, until just cooked through.
- Toss the spinach with some of the vinaigrette and mound in the center of a serving platter. Arrange shrimp around spinach and spoon over more of the dressing. Scatter the peanuts over the salad and shrimp.
- Add the butter and red pepper flakes to the marinade in the food processor, and pulse until combined. Scrape the mixture into a small saucepan and put on the grill just to melt the butter.
- Trim the ends from the limes and halve.
- Brush with canola oil, season with salt and pepper, and grill, flesh side down, until marked and slightly softened, 4 to 5 minutes.
- Skewer the remaining shrimp, brush with canola oil, and season with salt and pepper. Grill for 2 to 3 minutes per side, until just cooked through. Slide the shrimp from the skewers into a shallow bowl, pour over some butter sauce, and toss to coat. Scatter the cilantro over the top, and arrange the grilled limes around the shrimp.

Nutrition Facts

PROTEIN 13.4% **FAT 78.48%** **CARBS 8.12%**

Properties

Glycemic Index:92.32, Glycemic Load:3.23, Inflammation Score:-10, Nutrition Score:28.238695699236%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 15.75mg, Hesperetin: 15.75mg, Hesperetin: 15.75mg, Hesperetin: 15.75mg Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 786.4kcal (39.32%), Fat: 71.22g (109.57%), Saturated Fat: 19.12g (119.52%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 12.1g (4.4%), Sugar: 4.68g (5.2%), Cholesterol: 197.69mg (65.9%), Sodium: 1667.18mg (72.49%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.37g (54.73%), Vitamin K: 320.53µg (305.26%), Vitamin A: 6279.55IU (125.59%), Manganese: 1.19mg (59.74%), Vitamin E: 8.23mg (54.87%), Vitamin C: 32.98mg (39.97%), Folate: 148.09µg (37.02%), Phosphorus: 337.27mg (33.73%), Copper: 0.62mg (31.01%), Magnesium: 123.21mg (30.8%), Potassium: 852.3mg (24.35%), Vitamin B3: 4.3mg (21.51%), Iron: 3.43mg (19.07%), Fiber: 4.48g (17.91%), Calcium: 167.42mg (16.74%), Vitamin B6: 0.28mg (13.97%), Zinc: 2.08mg (13.85%), Vitamin B2: 0.19mg (11.37%), Vitamin B1: 0.14mg (9.61%), Vitamin B5: 0.55mg (5.49%), Selenium: 3.34µg (4.77%), Vitamin D: 0.42µg (2.83%)