



Spiced prawns with coriander mayo

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 125 g breadcrumbs white
- ☐ 0.5 tsp chili powder
- ☐ 3 tsp cumin seeds crushed
- ☐ 1 lime zest
- ☐ 20 large shells
- ☐ 2 tbsp the flour seasoned
- ☐ 1 eggs beaten
- ☐ 6 servings vegetable oil; peanut oil preferred for frying

- ☐ 1 bunch cilantro leaves roughly chopped
- ☐ 6 tbsp mayonnaise

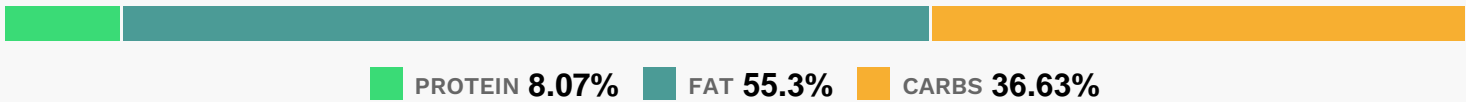
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Mix the breadcrumbs, chilli powder, cumin, crushed chillies, if using, and lime zest with tsp salt and lots of black pepper.
- ☐ Spread over a plate. Toss the prawns in the flour, then dip them into the egg and then into the crumbs. Shake off excess crumbs. Can be chilled in one layer for up to one day ahead.
- ☐ When ready to cook, heat a few centimetres of oil in a large, deep frying pan. The oil is hot enough when a few crumbs tipped into it sizzle and turn brown. Fry the prawns in batches for 2 mins, turning halfway, until the crumbs are crisp and golden all over. Lift them onto kitchen paper to drain (they will keep in a low oven for 15 mins if necessary), then serve on a warm plate, with lime wedges scattered around.
- ☐ Mix the lime juice and coriander into the mayonnaise and serve alongside.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:1.34, Inflammation Score:-3, Nutrition Score:7.5569565451663%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 246.99kcal (12.35%), Fat: 15.27g (23.49%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 21.17g (7.7%), Sugar: 1.73g (1.92%), Cholesterol: 33.08mg (11.03%), Sodium: 484.15mg (21.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.03%), Vitamin K: 28.41µg (27.06%), Iron: 3.71mg

(20.61%), Vitamin B1: 0.22mg (14.68%), Selenium: 10.08µg (14.4%), Manganese: 0.27mg (13.52%), Vitamin E: 1.17mg (7.79%), Vitamin B3: 1.56mg (7.78%), Vitamin B2: 0.13mg (7.77%), Folate: 28.92µg (7.23%), Phosphorus: 66.66mg (6.67%), Fiber: 1.58g (6.33%), Calcium: 59.13mg (5.91%), Copper: 0.09mg (4.61%), Vitamin C: 3.69mg (4.48%), Vitamin A: 224.17IU (4.48%), Magnesium: 16.94mg (4.23%), Zinc: 0.54mg (3.62%), Vitamin B5: 0.3mg (2.99%), Vitamin B6: 0.06mg (2.98%), Potassium: 102.64mg (2.93%), Vitamin B12: 0.15µg (2.58%), Vitamin D: 0.17µg (1.16%)