



Spicy Shrimp and Scallop Tempura with Cucumber Salad

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



489 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 servings canola oil for frying
- ☐ 0.1 teaspoon chile flakes
- ☐ 1 tablespoon chile sauce (recommended: Sriracha)
- ☐ 0.3 cup cornstarch
- ☐ 1 cucumber julienned
- ☐ 0.3 teaspoon fish sauce

- ☐ 1 cup flour all-purpose
- ☐ 0.3 inch ginger fresh finely grated peeled
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon rice vinegar
- ☐ 0.5 cup sake
- ☐ 2 large scallops cleaned
- ☐ 1 tablespoon sesame seed
- ☐ 4 large shrimp deveined peeled
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup water cold

Equipment

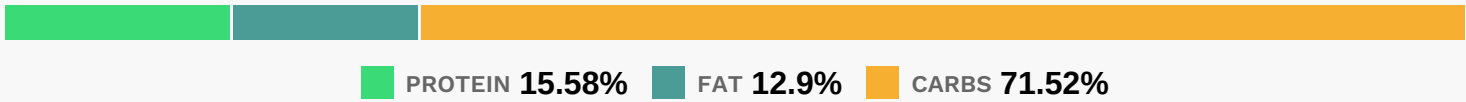
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ In a large heavy-bottomed saucepan, pour enough oil to fill the pan about a third of the way.
- ☐ Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 350 degrees F.
- ☐ Blend the flour, cornstarch, sesame seeds, salt, sugar, baking powder, water, sake, chile sauce, and fish sauce together in a large bowl. Dip the shrimp and scallops in the batter, letting the excess batter drip back into the bowl and gently drop into the hot oil. Fry the shrimp and scallops until crisp and golden, about 4 to 5 minutes.
- ☐ Whisk together the ginger, sugar, chile flakes, rice vinegar, and fish sauce. Toss the cucumber in the dressing and divide between 2 plates.
- ☐ Remove the shrimp and scallops from the oil and drain on paper towels, season with salt.

Place 2 shrimp and 1 scallop on each plate on top of the cucumber salad.

Nutrition Facts



Properties

Glycemic Index:176.05, Glycemic Load:35.97, Inflammation Score:-7, Nutrition Score:16.740434760633%

Nutrients (% of daily need)

Calories: 489.23kcal (24.46%), Fat: 5.92g (9.11%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 73.92g (24.64%), Net Carbohydrates: 70.15g (25.51%), Sugar: 4.78g (5.31%), Cholesterol: 39.4mg (13.13%), Sodium: 1320.83mg (57.43%), Alcohol: 9.66g (100%), Alcohol %: 2.47% (100%), Protein: 16.1g (32.2%), Selenium: 27.99µg (39.99%), Vitamin B1: 0.57mg (38.1%), Folate: 144.57µg (36.14%), Manganese: 0.67mg (33.31%), Phosphorus: 295.8mg (29.58%), Copper: 0.48mg (24.1%), Iron: 4.32mg (23.98%), Vitamin B2: 0.36mg (21.34%), Vitamin B3: 4.18mg (20.88%), Magnesium: 66.89mg (16.72%), Calcium: 151.33mg (15.13%), Fiber: 3.76g (15.04%), Vitamin K: 13.12µg (12.49%), Potassium: 428.1mg (12.23%), Zinc: 1.59mg (10.6%), Vitamin B6: 0.16mg (8.22%), Vitamin B12: 0.43µg (7.11%), Vitamin B5: 0.7mg (7.04%), Vitamin C: 4.85mg (5.88%), Vitamin E: 0.63mg (4.22%), Vitamin A: 146.41IU (2.93%)