



Spicy Shrimp Tempura

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



1052 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado sliced
- 1 pinch pepper black
- 13.5 ounce coconut milk canned
- 4 servings canola oil for frying
- 1.5 cups carbonated water
- 1 teaspoon chili paste depending on your taste pref
- 0.3 cup cider vinegar
- 1 cucumber seeded sliced

- 6 sprigs cilantro leaves fresh plus more for garnish
- 3 green onions plus more for garnish chopped
- 0.3 jalapeño fresh sliced
- 1 jalapeño with seeds sliced
- 1 tablespoon liquid pectin
- 1 mangos fresh chopped
- 1 pinches pepper flakes red
- 1.5 cups rice flour
- 1 tablespoon rice wine vinegar
- 1 tablespoon sesame oil
- 1 cup sugar
- 1 tablespoon sugar
- 8 large tiger prawns
- 1 cup rice medium-grain white such as calrose

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot

Directions

- Watch how to make this recipe.
- For the sticky rice: Wash the rice until the water is clear and all the starch is washed off.
- Put the rice in a shallow cooking pan and add the coconut milk and 3/4 cup water. (Trick – place your hand flat in the pan and pour in the water. When the liquid reaches your middle finger knuckle, you have the right amount.)

- Bring the rice and coconut milk to a boil. Then turn down the heat to low, cover the pan and simmer for 15 minutes.
- Put the bell peppers, jalapeno, sugar, cider vinegar and red pepper flakes into a saucepan and cook over medium heat until the liquid is reduced by two-thirds.
- Add the liquid pectin to give it a jelly-like consistency. Then set aside.
- Combine the avocado, cucumber, mango, jalapeno, cilantro, green onions, sugar, oil, vinegar, chili paste and black pepper in a bowl and mix together.
- For the shrimp: Peel and clean the shrimp. I like to use tiger prawns – big daddy shrimp!! Frozen shrimp is fine – just let them thaw out and rinse them in water.
- Whisk together the rice flour and carbonated water until it reaches a batter consistency (alternatively, you can get premade tempura batter at Asian markets). It's key to not whisk too much, you want a nice fine batter without much air in it.
- Preheat the oven to 300 degrees F. Next, take a heavy-bottomed pot and fill it with canola oil. Don't fill the pot too much! If using a 1-gallon saucepot, use 1/4 gallon oil.
- Heat the oil over medium-high heat until it's about 350 degrees F. You can test if the oil is ready by dropping some of the tempura batter into the oil. If it floats to the top, it's ready to go!
- Dredge the shrimp in the batter and drop into the oil. The shrimp will cook all the way in 2 to 3 minutes. It's key to not add too many shrimp at once, just add 3 or 4 at a time.
- When the shrimp floats to the top, they should be done. You can test them by taking one out and cutting into it to make sure it's opaque, and then taking a bite.
- Place the shrimp in the oven until you are ready to plate.
- Put the fried shrimp in a bowl with some pepper jelly and toss to coat them. Next, take a little bit of the jelly and place on the bottom of each plate. Put some sticky rice down on the plate on top of the jelly.
- Place 2 shrimp on top of the rice.
- Add some mango and avocado salad.
- Garnish with a little extra cilantro or sliced green onions.

Nutrition Facts

PROTEIN 5.1% **FAT 32.12%** **CARBS 62.78%**

Properties

Glycemic Index:161.73, Glycemic Load:110.12, Inflammation Score:-9, Nutrition Score:29.783478678569%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 1052.15kcal (52.61%), Fat: 38.3g (58.93%), Saturated Fat: 22.36g (139.74%), Carbohydrates: 168.45g (56.15%), Net Carbohydrates: 157.98g (57.45%), Sugar: 65.21g (72.46%), Cholesterol: 17.64mg (5.88%), Sodium: 123.48mg (5.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.39%), Manganese: 2.45mg (122.57%), Folate: 239.6µg (59.9%), Vitamin K: 50.59µg (48.18%), Vitamin C: 36.92mg (44.75%), Fiber: 10.47g (41.88%), Selenium: 29.13µg (41.61%), Copper: 0.72mg (35.9%), Vitamin B1: 0.53mg (35.08%), Vitamin B6: 0.68mg (33.86%), Vitamin B3: 6.37mg (31.87%), Phosphorus: 302.14mg (30.21%), Iron: 5.12mg (28.45%), Magnesium: 107.06mg (26.76%), Vitamin B5: 2.49mg (24.91%), Potassium: 862.98mg (24.66%), Vitamin A: 1084.36IU (21.69%), Vitamin E: 2.76mg (18.43%), Zinc: 2.56mg (17.1%), Vitamin B2: 0.17mg (10.22%), Calcium: 68.8mg (6.88%), Vitamin B12: 0.16µg (2.59%)