



THAI SWEET CHILI SHRIMP

Sweet and Spicy Shrimp With Lemongrass, Lime Juice and Cilantro

I figured I'd take a little departure from the Chinese themed dishes I've been doing lately, to mix it up with some Thai food. The flavor profile of this dish runs the gamut from spicy to savory, from salty to sweet, and then there's the lime juice that sneaks up and punches you in your hoobajooob. It's like hitching a ride on the Orient Express, with your tongue on the tracks.

Servings Info.:

Yields: 5 cups
 Servings: 5
 Serving Size: 1 cup



- last checked 11/30/22 -
 Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

Shrimp:

- 2lbs raw shrimp, fresh or frozen. Peeled, deveined, tail on. Get size 16-21 count shrimp (see notes)
- 1/4 tsp baking soda, dissolved with 2 tsp water
- 1 tsp 0 calorie sugar replacement o' choice (I used lakanto)
- 1-1/2 Tbsp cornstarch
- 1-1/2 tsp flour
- 1-1/2 tsp plain breadcrumbs

Sauce:

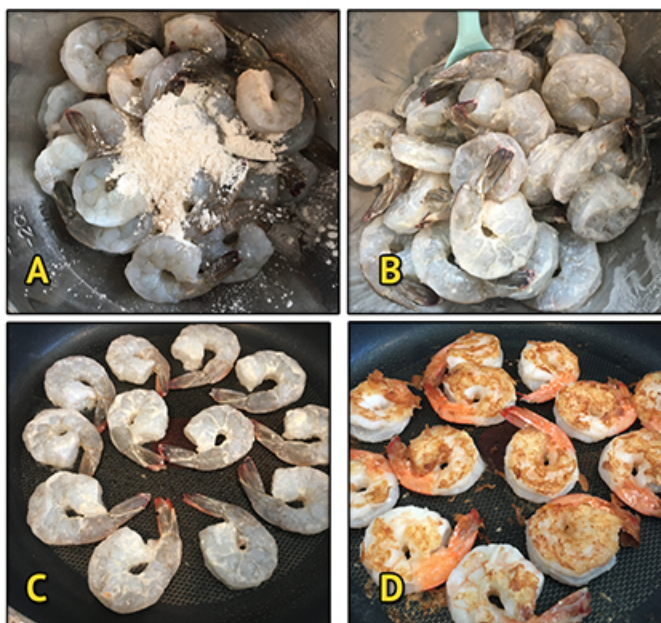
- 3 Tbsp low sodium soy sauce
- 2 Tbsp asian chili sauce (I used Huy Fong chili garlic sauce)
- 3 Tbsp 0 calorie sugar replacement o' choice
- 3 Tbsp lime juice
- 1 Tbsp white wine (or use water if you want, sissy)
- 2 tsp fish sauce (see notes)
- 2 tsp fresh ginger, minced
- 4-5 medium garlic cloves, minced
- 2 tsp minced lemon zest (2 medium lemons should do it)
- 1 Tbsp PLUS 1 tsp sugar free syrup (*pancake syrup*).

Additional Ingredients:

- 1 large red bell pepper, slice into long 1/2" thick strips, then cut the long strips in half.. so you get shortened thick strips.
- 3 Tbsp cilantro, finely chopped

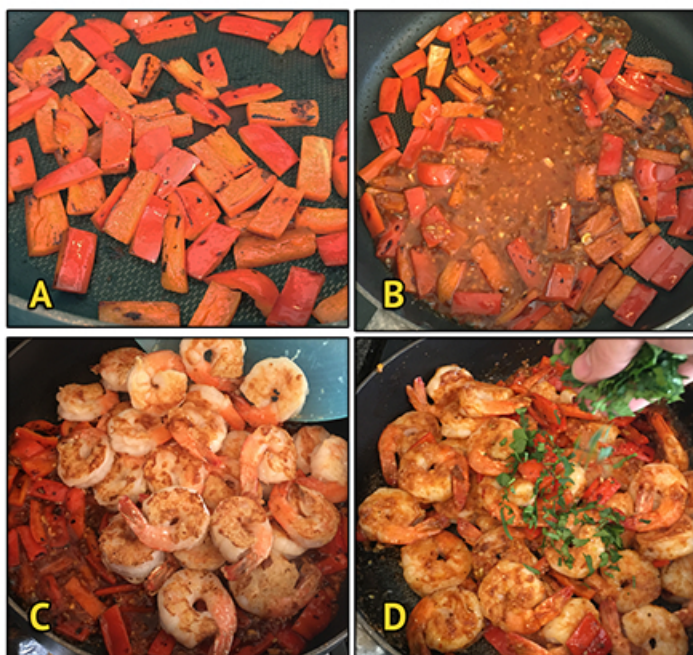
Directions:

1. Combine the shrimp, water, dissolved baking soda & sweetener in a bowl. Set aside for 20 mins.
2. Mix together the sauce ingredients, set aside.



3. **(A)** When ready to cook, add the cornstarch and flour into the bowl with the shrimp. **(B)** Mix to combine, coating the shrimp with a thin batter. **(C)** Heat a large pan over medium heat, till water dropped onto it immediately sizzles and evaporates. Spray pan with cooking spray, then place half of the shrimp in the pan, so you don't crowd them. Cook them for 2 minutes, without moving them. Spray tops of shrimp with more cooking spray, then flip. **(D)** Cook for an additional 2 minutes, then set aside to rest on a plate. Repeat till all shrimp are cooked. Set aside.

4. Return the pan to medium-high heat. Once water droplets sizzle on the pan, it should be hot enough for the veggies. The pan should be just about as hot as you ladies find Ryan Gosling holding a baby kitten.



5. (A) Spray the pan with cooking spray, then add the bell peppers. Cook for 3-4 minutes, without moving them, till they are lightly charring. (B) Pour the sauce into the pan and allow it to cook down slightly. (C) Once the sauce begins to thicken/reduce, return the cooked shrimp to the pan and toss till well coated. (D) Add fresh chopped cilantro to the pan and toss till well mixed. Done. If desired, you can garnish with some thin sliced green onions, additional fresh cilantro and 1 tsp sesame seeds.

NOTES & SUGGESTIONS:

- **COATING:** Though I made the thin batter for my shrimp, you can choose to skip the step. If you leave the cornstarch, and flour out of the recipe, this entire dish goes down to 0 points on both plans. I do still recommend cooking the shrimp in batches, like I did. If you 'crowd your pan' with shrimp, they won't sear... they'll steam. Remember, 2 minutes per side on a preheated pan. You don't want rubbery shrimp.
- **SHRIMP SIZE:** I like larger shrimp for my entrees. When you are buying shrimp, whether fresh or frozen, there are numbers listed with it. Example: 41-50 count, 21-25 count, or in this case, 16-20 count. That's how many shrimp you get per pound. I bought a bag of frozen, peeled, deveined, tail on 16-20 count "extra jumbo" shrimp. The larger the numbers per pound, the smaller the shrimp.
- **PEELED/DEVEINED:** I buy the shrimp that already have the shells removed and are already 'deveined'. For you folks new to shrimp... that means that the string of dark... um... 🤢 has been removed. It's worth the couple of extra bucks to buy shrimp like this, otherwise YOU have to peel off all the shells and clean that 'waste' track out yourself.
- **WHITE WINE:** Obviously, this isn't traditional. But I'm using 1 Tbsp of white wine here, instead of Asian cooking wine, because I'm not going to make you go hunt down some 'shoaxing cooking wine', when you can get an inexpensive mini bottle of white wine at 7/11 for \$2.
- **FISH SAUCE:** Fish sauce is A MAJOR food flavoring in Thai cuisine. It can be found at grocery stores or walmarts, in the 'Asian food' aisle, next to the soy sauce. It's a very pungent sauce that adds a LOT of depth to Thai dishes. However, you should note that on it's own, if you just open up a bottle and take a whiff, it stiiiiiiinks by itself. It IS pretty much anchovy water, after all, so I wouldn't use it to take shots, if I were you.

