

Oven Baked Prawn with Spicy Oriental Mandarin Sauce

Cooking Time: 40 minutes

Yield: 4 servings
(1 serving ~ 4-5 big prawns)

Spicy Oriental Mandarin Sauce

Ingredients	Amount
Mandarin orange, peeled and seeds removed	1 whole
White sugar	15g
Onion, diced	1/8 whole (20g)
Garlic, minced	2 cloves (9g)
Low Sodium soy sauce	1 teaspoon
Red chili flakes	1/4 teaspoon
Vinegar (Apple cider)	1/4 cup (65g)
Five spice powder	1/4 teaspoon
Mandarin orange zest	1/2 teaspoon
Water	1 1/2 cups



Healthy Tips!

Mandarin orange is citrus fruit, which rich in Vitamin C. It helps to strengthen the immune system, maintaining healthy skin and promote wound healing.

Steps:

1. Zest the mandarin orange with grater. Set the zest aside.
2. Heat up 1 1/2 cups water in a pot and add in the peeled mandarin orange. Simmer for 10 minutes or until fruits are soft.
3. Add in all the ingredients, gently stir and let it simmer for 6-8 minutes. Then remove it from the heat.
4. Pour the mixture into a blender and grind it until smooth texture.
5. Ready to be served as the sauce at the side with prawns.

Oven-baked Prawns

Ingredients	Amount
Fresh prawns, remove shells except tails	500g
Breadcrumbs	45g
Dried parsley	3 teaspoons
Paprika	¼ tablespoon
Lemon juice	15g
Eggs (beaten)	2 whole
Canola oil	4 teaspoons



Cooking Tips!

For a crispier texture, you can opt for air-frying instead of baking.

Steps:

1. Preheat oven to 200°C.
2. Mix breadcrumbs, paprika and dried parsley in a bowl. Set aside.
3. Remove vein of prawns. Pat dry the prawns with paper towel.
4. Dip the prawns in beaten eggs then roll the prawn with breadcrumbs mixture. Shake off the excess. Repeat this step twice to make sure the prawn is thoroughly coated.
5. Line your baking tray with baking sheet. Place the prawns on the baking tray. Put some canola oil on prawns before putting into oven.
6. Bake for 10 minutes or until the prawns turn golden brown.
7. Squeeze some lemon juice on top and it's ready to serve with sauce.



Healthy Tips!

- ✓ Prawn is a good source of protein. Removal of prawn head can help to reduce up to 70% of cholesterol content in a prawn.
- ✓ Sodium content can be reduced up to 60% by replacing commercial chilli sauce with homemade spicy oriental mandarin sauce.

Nutrition content per serving: (Energy: 219 kcal)

Carbohydrate: 15g

Protein: 20g


Total fat: 9g


Sodium: 313mg

Potassium: 421mg

Phosphate: 289mg

辣柑橘酱烤虾球

 烹煮时间：40分钟

 份量：4 人份
(1份~ 4 - 5只大虾)

辣柑橘酱

材料	份量
柑橘，去皮去籽	1个
白糖	15克
洋葱，切丁	1/8 个 (20克)
蒜头，剁碎	2 瓣 (9克)
低钠酱青	1茶匙
干辣椒粉	1/4 茶匙
苹果醋	1/4 杯 (65 克)
五香粉	1/4 茶匙
柑橘皮，刨丝	1/2 茶匙
水	1 1/2 杯



 **健康贴士!**

柑橘含有丰富的维他命C，能帮助提高免疫力、维持肌肤健康和促进伤口愈合。

烹调步骤:

1. 把柑橘皮刨丝，搁置备用。
2. 把1 1/2杯水倒入锅里加热，再加入柑橘，焖10分钟或至柑橘软化。
3. 加入其他剩余的材料后轻轻地搅拌。盖上锅盖，焖6至8分钟，然后熄火。
4. 把煮好的酱汁放入搅拌机，打至顺滑为止。
5. 放入酱汁碗备用。

烤虾球

材料	份量
鲜虾（去头、留尾）	500 克
面包糠	45克
香芹（干）	3 茶匙
甜椒粉	¼ 汤匙
柠檬汁	15克
蛋，打散	2 粒
芥花籽油	4 茶匙



烹饪小贴士!

若想要更酥脆的口感，可使用空气炸锅代替烤箱。

烹调步骤:

1. 以200摄氏度预热烤箱。
2. 将面包糠、甜椒粉和干香芹倒入碗里，搅拌均匀，搁置备用。
3. 去除虾线，洗净后再用厨房纸拍干水份。
4. 将虾裹上一层蛋液，再放入面包糠中沾上一层面包糠。把多余的面包糠拍掉，再重复之前的步骤，以确保虾身完整地裹上面包糠。
5. 然后将虾球放在备有烘培纸的烤盘上，淋上一点芥花籽油。
6. 放入烤箱以200摄氏度烘烤10分钟或至金黄色。
7. 将一些柠檬汁挤在虾球上，再配上备好的辣柑橘酱即可享用。



健康小贴士!

- ✓ 虾含有丰富的蛋白质。食用时去掉虾头可减少多达70% 的胆固醇的摄入。
- ✓ 以自制辣柑橘酱取代市售辣椒酱能减少高达60% 的钠的摄入。

营养成分（每份）:(热量:219 kcal)

碳水化合物: 15克	蛋白质: 20克	脂肪: 9克
钠: 313毫克	钾: 421毫克	磷: 289毫克

此食谱由新加坡理工学院的学生 Sim Jun Yi Nerissa 与全国肾脏基金会的营养师提供。