

Preparation time: 30 minutes Serves 5

## Spicy Seafood Parcels

These crispy, lip-smacking treats are a unique way of serving otak-otak, or steamed seafood mousse. Each parcel contains about 10 g ( $\frac{1}{3}$  oz) worth of carbohydrates, which is sufficient as a carbohydrate exchange (see page 7–8).

### INGREDIENTS

Prawns	200 g (7 oz), cooked, peeled and coarsely minced
Spanish mackerel fillet	300 g (11 oz), deboned and finely minced
Cuttlefish	200 g (7 oz), cleaned and finely minced
Egg roll wrappers	6–8 sheets
Egg white	1
Corn flour (cornstarch)	1 tsp, mixed with 1 Tbsp water

### Spice paste

Shallots	85 g (3 oz)
Galangal	2.5-cm (1-in) knob, peeled and coarsely chopped
Dried chillies	10, soaked, seeded and drained
Red chillies	85 g (3 oz)
Polygonum ( <i>laksa</i> ) leaves	15
Kaffir lime leaves	1
Salt	a pinch
Chilli powder	1 tsp

### METHOD

- Prepare spice paste. Combine ingredients in a blender and blend into a fine paste.
- Transfer spice paste to a mixing bowl. Add prawns, mackerel and cuttlefish and stir until well mixed. Set aside.
- Preheat oven to 160°C (325°F).
- Lay an egg roll wrapper on a flat work surface. Measure out and spoon 2 Tbsp seafood mixture onto centre of wrapper. Fold up like a parcel and seal by dabbing a little cornstarch on the edges. Repeat until all ingredients are used up.
- Place parcels on a baking tray and brush lightly with egg white. Bake for 8 minutes, then increase temperature to (please specify) and bake for another 1–2 minutes.
- Remove from heat and set aside to cool slightly before slicing each parcel into halves. Serve immediately.

### Per serve (Per parcel)

Calories	245 kcal
Carbohydrate	10.6 g
Fat	10.7 g
Cholesterol	154 mg
Fibre	0.4 g

